

A  
C L O S E T  
for Ladies and  
*Gentlewomen.*

OR,

The Art of preseruинг,  
Conserving, and  
Candyng.

With the manner how  
to make divers kindes of  
Sirups, and all kinde of  
banqueting stuffes.

Also divers soveraigne Medi-  
cines and Salves for Sundry  
Diseases.

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LONDON,  
Printed by *John Haviland.*

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## An especciall Note of Confectionary.

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*To preferue Pippins red.*



Ake your best colourred Pippins, and pare them: then take a piercer, and bore a hole thorow them: then make sirup for them, as much as will cover them, and so let them boyle in a broad preseruing pan: put into them a peece of Cinammon sticke, and so let them boile close couered very leslurely, turning them very often: for, if you turne them not very often, they will spot, and the one side

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will not bee like the other, and let them thus boyle untill they begin to gelly ; then take them up, and pot them, and you may keepe them all the yeere.

### *To preserve Pippins white.*

**T**ake faire large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones: then make a weake sirup for them, and so let them boyle till they bee tender ; then take them vp, and boyle your sirup a little higher, then put them vp in a Gally-pot, & let them stand all night, and the next morning the sirup will bee somewhat weaker : then boyle the sirup againe to his full thickenesse, and so put them and you may keepe them all the yeere. If you please to haue them taste a pleasant taste, more than the naturall Pippin, put in one grain of musk, and one drop of the Chymicall oyle of Cinamon, and that will make them

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them taste a more pleasant taste.

To preserve Pippins greene.

**T**ake Pippins when they be small and green off the tree, and pare three or four of the worst, and cut them all to peeces: then boyle them in a quart of faire water till they bee pap, then let the liquor come from them, as you doe from your Quidniacke, into a Bason: then put into them one pound of Sugar clarified, and put into this as many greene Pippins vnpared as that liquor will couer, and so let them boyle softly: and when you see they bee boyled as tender as a quodling, then take them vp, and pill off the outermost white skin, and then your Pippins will bee greene: then boyle them in your sirup againe till the sirup bee thicke: and so you may keepe them all the yeere.

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### *To preserue Apricocks.*

**O**F Apricocks take a pound, and a pound of sugar, and clarifie your sugar with a pint of water ; and when your sugar is made perfect, put it into a preseruing-pan, and put your Apricocks into it, and so let them boyle gently : and when they bee boyled enough, and your sirup thicke, pot them, and so keepe them. In like manner you may preserue a peare-plum.

### *To preferne Mirabolans or Malacadonians.*

**T**AKE your Malacadonians : ston them, and perboile them in wa-  
ter : then pill off the outward skin  
of them : they will boyle as long as a  
peece of beefe, and therefore you  
need not feare the breaking of them ;  
and when they bee boyled tender,  
make sirrup of them, and prese-  
rue them

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them as you doe any other thing,  
and so you may keepe them all the  
yeere.

*To preserue Pomcitrions.*

**O**F your Pomcitrions take one pound and a halfe, and cut them some in halyes, some in quarters, and take the meat out of them, and boyle them tender in faire water: then take two pound of sugar being clarified, and make sirup for them, and let them boyle in sirup a quarter of an houre very gently: then take them vp, and let your sirup boyle till it be thicke: and then put it in your Pomcitrions, and you may keepe them all the yeere. If you please, you may pare some of them: for, some delight them in the skin; and some, pared.

*To preserue Cherries.*

**O**F the best and fairest Cherries take some two pound, and with a paire of sheeres clip off their stalkes

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by the midſt: then wash them cleane, and beware you brufe them not: then take of fine Barbary Sugar, and ſet it ouer the fire, with a quart of faire water, in the brondest vefſell you can get, and let it ſeeth till it bee ſomewhat thicke: then put in your Cherries, and ſtirre them together with a ſilver ſpoone, and ſo let them boyle, alwayes ſcummimg and turning them very gently, that the one ſide may bee like the other, vntill they bee enough: the which to know, you muſt take vp ſome of the ſirup with one Cherry, and ſo let it coole; and if it will ſcarce run out, it is enough: and thus, being cold, you may put them vp, and keepe them all the yeere.

### *To preſerve red-rose leaues.*

**O**F the leaues of the faireſt buds take halfe a pound: ſift them cleane from ſeeds: then take a quart of faire water, and put it in an earthen

pipkin

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pipkin, and set it ouer the fire vntill it bee scalding hot : and then make a good many of other red rose leaves and put them into the scalding wa-  
ter, vntill they begin to looke white, and then straine them : and thus doe vntill the water looke very red. Then take a pound of refined Sugar, and beat it fine, and put it into the li-  
quer, with halfe a pound of Rose-  
leaves, and let them seeth together till they bee enough : the which to know, is by taking some of them up in a spoone, as you doe your Cher-  
ries ; and so, when they bee thorow cold. put them vp, and keepe them very close.

*To preserue Oranges and Lemmons.*

**T**ake your Oranges and Lemmons, large and well coloured, and take a raspe of steele, and raspe the out-  
ward rinde from them : then lay them in water three dayes and three nights : then boyle them tender,

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and ſhift them in the boiling, to take away their bitternesſe: and when they bee boyled tenderly, take two pound of Sugar clarified with a pint of water; and when your ſirup is made, and betwixt hot and cold, put in your Lemmons and Orengeſ, and there let them bee iuſtified all night: the next morning, let them boyle two or three walmeſ in your ſirup: let them not boyle too long in the ſugar, because the rindſ will bee tough: take your Lemmons out, and boyle your ſirup thicker: and ſo when it is cold, put them up, and keepe them all the yeare.

### *To preſerve Quinceſ.*

**O**F your Quinceſ take a pound: core them, and then perboyle them, and pill off the outermoſt white ſkin, and then weigh them, and put into them clarified Sugar one pound, and then boyle them cloſely covered vpon a very gentle fire,

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fire, putting vnto them a sticke or two of good Cinamon cut into small peeces, and so stir them continually, thatthey may bee well coloured on euery fide : and when the sirup is come to the height of a perfect gelly, take them off the fire, and so keepe them ; for the higher your sirup is, the better will your Quinces keepe.

To preserue Peaches.

**O**f your fairest and best coloured Peaches, take a pound, and with a wet linnen cloth wipe off the white hoare of them : then perboyle them in halfe a pint of white wine, and a pint and a halfe of running water : and being perboyled, pill off the white skinne of them, and then weigh them : take to your pound of Peaches, three quarters of a pound of refined Sugar, and dissolve it in a quarter of a pint of white wine, and boyle it almost to the height of a sirup,

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Sirup and then put in your Peaches, and let them boyle in the sirup a quarter of an houre or more, if neede should require : and then put them vp, and keepe them all the yeere.

### *To preserue Eringo-roots.*

**T**ake your Eringo-roots, faire and not knotty, one pound, and wash them cleane ; and when they be washed, set them on the fire, and boyle them very tender ; pull off the outermost skin of them, but see you break them not ; and as you pare them, put them into cold water, and let them all remaine there till all be finished : and then you must take to every pound of roots, three quarters of a pound of clarified Sugar, & boyle it almost unto the height of a sirup, and then put in your rootes, but looke that they boyle very gently together, with as little stirring as may bee, for feare of breaking, vntill they bee enough :

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enough: and when they beecold, put them vp, and so keepe them.

*To preserue Barberries.*

**T**ake your Barberries very faire and well colouied, and picke out every stome of them, and then weigh them: and to every ounce of Barberries, you must take three ounces of haid Sugar ; and with halfe an ounce of the pulpe of Barberries, and one ounce of red-rose-water, you must dissolue your Sugar, and then boile it to a sirup . being so boyled, put in your Barberries, and let them boyle a quarter of an houre, and then take them vp: and as soone as they begin to wax coole, put them vp , and they will keepe their colour all the yeere.

*To preserue Gooseberries.*

**Y**ou must take your large Berries, but not thorowly ripe , and picke off all the stalkes from them, and

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and was in them cleane : take a pound of them, and set them on the fire till they be hot, and then take them off, and let the liquor runne from them : then take ten ounces of hard Sugar, and four ounces of Sugar-candie, and clarifie it with a pint of water, and the white of an Egge, and boyle it to a thicke sirup : and then put in your Gooseberries, and let them boyle a walme or two ; and so, betwixt hot and cold, put them vp, and keepe them all the yeere.

### *To preferre Damsons.*

**T**ake of your Damsons large and well coloured, but not thorow ripe, for then they will breake, and picke them cleane, and wipe them one by one : then weigh them, and to euery pound of Damsons, you must take a pound of Barbary sugar, white and good, dissolved in halfe a pint or more of water : boile it almost

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to the height of a sirup, and then put in your Damsons, keeping them with continuall scumming and stirring, and that with a siluer spoone; and so let them boyle untill they bee enough, vpon a gentle fire: and when they be enough, take them vp, and keepe them all the yeere.

To preserue Raspices.

**T**ake of your fairest and well-coloured Raspices, and picke off their stalkes very cleane: then wash them, but in any case see that you bruise them not: then weigh them, and to euery pound of Raspices, you must take six ounces of hard Sugar, and six ounces of Sugar candy, and clarifie it with halfe a pint of faire water, and foure ounces of iuyce of Raspes, being clarifie: boyle it to a weak sirup, and then put in your Raspices, stirring them vp and downe, and so let them boyle untill they bee enough, that

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that is, vsing them as your Cherries,  
and so you may keepe them all the  
yeare.

### *To preserve Enula Campana Rootes.*

**T**ake of your Enula Campana Rootes, and wash them: scrape them very cleane, and cut them thin to the pith, the length of your little finger; and as you cut them, put them in water, and let them lie in water thirty dayes, shifting them twice every day, to take away their bitternesse; weigh them, and to every pound of Rootes, you must take twelue ounces of clarified Sugar, first boyling your Roots as tender as a Chickin, and then put them into your clarified Sugar, and let them boyle vpon a gentle fire vntill they bee enough: and so let them stand off the fire a good while, and betwixt hot and cold put them vp to your vse.

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To preserve Saterion roots.

**T**ake your Saterion roots, and pick out the faire ones, and keep them by themselves: then wash them, and boyle them vpon a gentle fire as tender as a Quodling: then take them off, and pare off the blackest skin of them, and put them, as you pare them, into faire water, and so let them remaine one night; and then weigh them, and to every pound of roots you must take eleuen ounces of clarified Sugar, and boyle it almost to the height of a sirup, and then put in your roots, but take heed they boile not too long, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and set them a cooling, and so keepe them according to the rest.

Here end the Preservatires.

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### *To make Manuſ Christi.*

**O** F refined Sugar take halfe a pound, and ſome Rose water, and boyle them together till it come to Sugar againe: then stirre it about while it bee ſomewhat cold: then take your leafe gold, and mingle with it: then caſt it according to art, that is, in round gobbeſ, and ſo keepe them.

### *To candie Ginger.*

**T**ake very faire and large Ginger, and pare it, and then lay it in water a day and a night: then take your double refined Sugar, and boyle it to the height of Sugar againe: then when your Sugar beginneth to be cold, take your Ginger, and stir it well about while your Sugar is hard to the pan: then take it out race by race, and lay it by the fire for fourre houres: then take a pot, and warme it

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it, and put the Ginger in it : then tie it very close, and every second morning slit it about roundly, and it will bee rocke-candied in a very short space.

*To candy Rose-leaves as naturally as if they grew upon th: trees.*

Take of the fairest Rose leaues, red or damaske, and on a Sunnes-shine day sprinkle them with Rose-water, and lay them, one by one, vpon faire paper : then take some double-refined Sugar, and beat it very fine, and put it in a fine lawne sacce: when you haue laid abroad all the Rose leaues in the hottest of the sun, carce sugar thinly all overthem; then anon the Sunne will candy the Sugar ; then turne the leaues, and sacce Sugar on the other side, and turne them often in the Sunne, sometimes sprinkling Rose water, and sometimes saccing Sugar on them, vntill they bee enough, and come to your

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your liking : and being thus done, you  
may keepe them.

#### *To candy Marigolds in wedges ; the Spaniſh faſt on..*

**T**ake of the faire yellow Marigold  
flowres two ounces, and shred  
them, and drye them before the  
fire: then take foure ounces of Sugar,  
and boyle it to the height of Manus  
Christi: then powre it vpon a wet Pie-  
plate, and, betwixt hot and cold, cut  
it into wedges : then lay them on a  
sheet of white paper , and put them  
in a Stoue.

#### *To candy all manner of flowers in their natuſall colours*

**T**ake the Flowers with the stalks  
and wash them over with a little  
Rose-water, wherein Gum-ara-  
becke is diſſolved; then take fine ſcar-  
ed Sugar, and dust over them, and ſet  
them

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them a drying on the bottome of a Sive  
in an Oven, and they will glister as if it  
were Sugar-candy.

*To candy all manner of Flowers, Fruits, and  
Spices, the cleere rocke-Candy.*

**T**ake two pound of Barbary Sugar  
great grained, clarified with the  
whites of two Egges, and boyle it  
almost as hie as for Manus Christi :  
then put it into a pipkin that is not  
very rough . then put in your Flo-  
wers, Fruits, and Spices, and so put  
your Pipkin into a Still, and make a  
small fire of small coles vnderit ; and,  
in the space of twelve dayes, it will bee  
rocke-candied.

*To candie Eringo roots.*

**T**ake your Eringo roots ready to be  
preserved, and weigh them, and to  
every pound of your roots, you must  
take of the purest Sugar you can get  
two

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two pound, and clarifie it with the whites of Egges exceeding well, that it may bee as cleare as Chrystall, for then it will bee very commendable : it being clarified, you must boyle it to the height of Manus Christi, and then dip in your roots, two or three at once, till they bee all candied, and so put them in a Stoue, and keepe them all the yeere.

### *To candy Enula-Campana.*

**T**ake of your fairest Enula Campana roots, and take them clean from the sirup, and wash the Sugar off them, and drie them againe with a linnen cloth ; then weigh them, and to euery pound of rootes you must take a pound and three quarters of Sugar : clarifie it well, and boile it to the height of Manus Christi, and when it is so boyled, dippe in your roots, three or foure at once, and they will candy very well ; and so stoue

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stoue them, and keepe them all the  
yeere.

To candie Violet flowers.

**T**ake of your Violet flowers that  
are good and new, and well co-  
loured, and weigh them: to eve-  
ry ounce of your Violet flowers you  
must take foure ounces of refined  
Sugar, which is very white and  
faire grained, and dissolve it in two  
ounces of faire running water, and  
so boyle it till it come to Sugar a-  
gaine; but you must scum it often,  
lest it bee not cleare enough: and  
when it is boyled to Sugar againe,  
then take it off, and let it coole, and  
then put in your violet flowers,  
stirring them together till the Sugar  
grow hard to the pan: this done,  
put them into a box, and keepe them  
in a stoue.

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### *To candy Gooseberries.*

Take of your fairest berries, but they must not bee too ripe, for then they will not be so good, and with a linnen cloth wipe them very cleane, and picke of all the stalks from them and weigh theſm : and to every ounce of Berries, you must take two ounces of Sugar, and halfe an ounce of Sugar-Candy, and diſſolve them in an ounce or two of Rose-water, and ſo boyle them vp to the height of Manus Christi ; and when it is come to his perfect height, let it coole, and put in your Berries, for if you put them in hot, they will ſhrinke, and ſo stir them in round with a wooden Spatter till they bee candied ; and thus put them vp and keepe them.

### *To candy Rosemary-flowers.*

Take of your Rosemary Flowers ready pickt, and weigh them ; to euery

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euery ounce of flowers you must take two ounces of hard Sugar, and one ounce of Sugar-Candy, and dissolue them in Rosemary-flower-water, and boile them till they come to Sugar againe: which done, put in your Rosemary-flowers when your Sugar is almost cold, and so stirre them together till they bee enough, and then take them out, and put them in a box, and keepe them to your vse in your Stoue.

To candy Borage-Flowers.

Take your Flowers, and pick them very cleane, and weigh them, and vise them in euery respect as you did your Rosemary-Flowers, saue this, that when they bee candied, you must set them in a Still, and so keepe them in a sheet of white paper, putting euery day a chafindish of colcs into your still, and it will be candied very excellently, and that in a short space.

Here end the sortis of Candyng.

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To make Paste of Pippins, the Geneva fashion,  
*some with leaues, some like*  
*Plums, with stalkes and*  
*stones in them.*

Take your Pippins, and pare them, and cut them in quarters: then boyle them in faire water till they bee tender: then straine them, and drie the pulp vpon a chafingdish of coles: then weigh it, and take as much Sugar as it weigheth, and boyle it to Manus Christi, and put them together: then fashion them vpon a Pie-plate, and put it into an Oven being very sleightly heat: the next morning you may turne it, and put them off the plates vpon sheers of Paper vpon a hurdle, and so put them into an Oven of like heat, and there let them remaine fourre or five daies, putting

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putting euery day a Chafing dish of coles into the Oven : and when they be thorow dry, you may box them, and keep them all the yeere.

*To make Paste of Eglantine, of the colour of the red Co: all.*

**T**ake your Eglantine Berries, otherwise called Hips, and stampe them in a Mortar with Gum-Dragagant and Rose-water : then straine it thorow a strainer ; then take halfe a pound of refined Sugar beaten, and scarced, and worke it vp into Paste with this straining : then priuat it with your mōlde: then stove it, and then gild them.

*To make Paste-royall white.*

**T**ake a pound of refined Sugar beaten & scarced, and put into an Alabaster Morter, with an ounce of Gum dragagant steeped in Rose-water:

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ter : and if you see your Paste bee too weake, put in more Sugar ; if too dry, more Gumme, with a drop or two of oile of Cinamon, so that you never deceiue your selfe, to stand vpon quantities : beat it into perfect paste, and then you may print it with your moulds ; and when it is dry, gild it, and so keepe them.

### *To make Paste-Royall in Spices.*

**T**ake of Cinamon and Ginger, of each a like quantity being finely scarced: mingle it with your scarced Sugar, and Gum-dragagant steepped in Rose-water, and worke it into paste, as you did your paste-royal white, and then you may turne it vpon stickes made of peeces of Arrowes, and make them hollow like Cinamon stickes : in like sort you may make it taste of what spices you please.

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### and Gentlewomen.

### To make Paste of Genua the true way.

**T**ake two pound of the pulp of Quinces, and as much of Peaches, and straine it, and dry it in a pewter platter vpon a chafindish of Coles: then weigh it, and take as much Sugar as it weigheth, and boile it to the height of Manus Christi, and then put them together, and so fashion it vpon a Pie plate, and dry it in an Ouen with a Chafindish of coles, vntill it bee thorow dry: and then, if it please you, you may spot them with gold.

### Tomak Paste of Violets.

You must take of your Violets  
that are ready picked, and bruise  
them in an Alabaster or Marble  
Mortar, and wring the juice from  
them into a Porringer, and put as  
B 3 much

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much hard Sugir in fine powder, as  
that ioyce will cover: dry it, and  
then powder it againe, and then take  
as much Gum-dragagant steeped in  
Rose-water, as will bring this Sugar  
into a perfect paste: when it is per-  
fect, take it vp, and print it with your  
moulds, and so dry it in your stoue  
and not by the fire, for feare of danger  
and when it is dry, gild it. It is a fine  
banqueting conceit.

## *To make Paste of Goose-berries.*

**T**ake of your Goose-berries, and  
cut them one by one, and winge  
the iuyce from them, till you have  
gotten so much as you thinke will  
serue your turne: boyle your iuyce a  
little, that it may bee thicker: then  
take as much double refined Sugar  
as your iuyce will shapen, and dry  
it as you did for your Violets; and  
being dry, beat it very fine and take  
as much Gum-dragagant steeped  
in red rose water, as will serve, and  
beat

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beat it into perfect paste in an Alabaster Mortar: and then take it up, and print it with your moulds, vsing it in every respect as your paste of Violets. This is excellent good for one that hath a weake stomacke.

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*Heere begin Ban-  
queting Conceits, as  
Marmelades, Quo-  
diniackes, and  
such like.*

*To make Muskadine Confis.*

**T**ake halfe a pound of Musk-Sugar beaten and searc'd: then take Gum-Dragagant steeped in Rose-water, and two graines of Muske, and so beat them in an Alabaster Mortar till it come to perfect Paste: then driuue it very thin with a rowling pin, and then cut it into small peeces like diamonds; some cut with

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with a rowle spoone on the sides: being  
thus cut, stow them, and so keepe them  
all the yeare.

To make Diocitonium simplex of  
Quinces.

Take of your Quinces, and pare  
them, and cut them in peeces, and  
boile a pound of these peeces in a  
quart of faire water, till they bee very  
soft: then let the liquor run from them,  
then take a pound of Sugar-Candy,  
and beat it fine, and put it into that li-  
quor, and let it seeth till you see it stand  
like gelly: then take it from the fire,  
and put therein foure drops of oile of  
Cinamon and Nutmegs, and then put  
in fiftie and twenty leaues of fine gold,  
and stirre it together, and so put it in  
fiftie Chrystall Glasses, and keepe it all  
the yeare.

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*To make fine chival Gelly.*

**T**ake a knuckle of Veale, and fourte Calves feet, and set them on the fire with a gallon of faire water, and when the flessh is boyled tender, take it out: then let the liquor stand still vntill it be cold, then take a way the top and the bottome of that liquor, and put the rest into a cleane Pipkin, and put into it one pound of clarified Sugar, fourte or five drops of Oyle of Cynamon and Nutmegges, a graine of Muske, and so let it boyle a quartet of an houre leisurely on the fire, then let it runne thorow a gelly bag into a bason, with the whites of two eages beaten; and when it is cold, you may cut it into lumps with a spoone, and so serve thre or foure lumps vpon a plate.

*To*

and Gentlewomen.

*To make white leach of creame.*

**T**ake a pint of sweet creame, and six spoonfuls of Rose water, and two graines of Muske, two drops of oyle of Mace, or one peece of large Mace, and so let it boyle with four ounces of Isinglasse: then let it run downe thorow a gelly bag: when it is cold, slice it like brawne, and so serue it out. This is the best way to make leach.

*To make a Walnut, that when you cracke it, you shal finde hickies and Carrionies in it, or a pretty Possew illien.*

**T**ake a peece of your Paste royall white, being beaten with Gum-Dragant, and mixed with a little fine searced Cynamon, which will bring your paste in a Walnut shell

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shell colour: then drise it thin, and cut it into two peece, and put the one peece into the one halfe of your mould, and the other into the other, then put what you lease into the Nut, and close the mould together, and so make three or four Walnut.

### *To make Quo. in sack of plums.*

TAke two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasill S: g: r, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

### *To make Bisketello.*

TAke two ounces of very fine Sugar, beaten and searc'd, and put into

and Gentlewomen.

into it halfe a spoonefull of Amidum, that is, white Starch; a graine of Musket then beat it into perfect Paste, with Gum dragant sleeped in Rose-water: then make it into little pretty loaues the fashion of Manchetts, and so put a Wafer in the bottome of every one of them, and bake them in a baking pan, but take heed your pan be not hot, and so specke them with gold, and so box them. It is a very fine banqueting conceit.

To make a speciall sweet water to perfume clothes in the folding, being washed.

**T**ake a quart of Damask-Rose-water, & put it into a glaife, put vnto it a handfull of Lauender-Flowers, two ounces of O-tis, a dramme of Muske, the weight of four pence of Amber grecce, as much Ciuet, four drops of Oyle of Cloues; stop this close, and set it in the Sunne a forte-

### *A Closet for Ladies*

shell colour: then drue it thin, and cut it into two peeces, and put the one peeces into the one halfe of your mould, and the other into the other, then put what you please into the Nut, and close the mould together, and so make three or four Walnutes.

#### *To make Quodinack of plums.*

**T**ake two pound of Plums, and put them into a Posnet with a pound and a halfe of Brasili Sugar, clarified with a pint of faire water, and let it boile till the Plums breake: then take it off, and let your liquid substance run thorow a strainer, and then put it again into the Posnet, and so let it boyle till it come to its thicknesse, and then print it with your moulds on what fashion you please.

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To make a speciall sweet water to perfume  
clothes in the folding, being  
washed.

**T**ake a quart of Damask-Rose-water, & put it into a glaize, put vnto it a handfull of Lauender-Flowers, two ounces of O-tis, a dramme of Muske, the weight of four pence of Ambe grecce, as much Ciueret, four drops of Oyle of Cloues; stop this close, and set it in the Sunne a fore-

## A Closet for Ladies

a fortnight : put one spoonefull of this water into a bason of common water, and put it into a glasse, and so sprinkle your clothes therewith in your folding : the drags, left in the bottome (when the water is spent) will make as much more, if you keepe them, and put fresh Rose-water to it.

### To make Mose powder.

Take two pound of Mose of a sweet Apple tree, gathered betweene the two Lady dayes, and infuse it in a quart of Dainask rose-water, foure and twenty houres : then take it out, and dry it in an ouen vpon a Siues bottome, and beat it to Powder : put to it an ounce of Lignum Aloes beaten and seareed, two ounces of Orris, a dramme of Musk, halfe a dram of amber greece, a quarter of a dram of Ciuet : put all these into a hot Mortar and Pestle, and beat them together : then searce them

and Gentlewomen.

them thorow a coarse haire searce, and  
put it into a bag, and lay it among  
your clothes.

To make Aromaticum Lozenges.

**T**ake of fine Sugar halfe a pound:  
boile it with Red rose-water, vntill  
it come to the height of Lozenges:  
and in the cooling, put in of the spices  
of Aromaticum Rosarum, 4. drams,  
with a little Confectio Alchermes,  
and so make them into Lozenges,  
gilding them first, and then cut them  
square with a knife for that purpose:  
and when you gild them, if your gil-  
ding will not sticke on, wet them gent-  
ly wi h a little Rose-water, but not too  
much, in any case.

To make a March-pane, to ice it, and  
garnish it after the Aise of  
Cumfie-making.

**T**ake two pound of small Almonds  
blanched, and beaten into perfect  
paste,

## A Closet for Ladies

paste, with a pound of Sugar finely  
scarred, putting in now and then a  
spoonfull or two of Rose-water, to  
keepe it from oiling; and when it is  
beaten to perfect Paste, roule it thin,  
and cut it round by a Charger: then  
set an edge on it, as you do on a Tart:  
then dry it in an Ouea or a baking  
Pan: then ice it with Rose-water and  
Sugar, made as thicke as batter for  
Ettters: when it is iced, garnish it  
with conceits, and sticke long Com-  
fits in it, and so gild it, and serue it.

To make all sorts of banqueting Con-  
ceits of March-pane stuffe, some  
like Pies, Birds, Baskets, and  
such like, and some  
to print with  
moulds.

Take a pound of Almond Paste  
made for the Marchpane, and  
dry it on a Chafingdish of coles, till  
you see it wax white: then you may  
print

and Gentlewomen.

print some with Moulds, and make some with hands, and so gild them; then stoue them, and you may keepe them all the yeare. They be excellent good to please children.

*To make all kinde of birds and beasts to stand on thair legs, in cast-worke.*

**T**ake Barbary-Sugar, clarifie it, and boile it to the height of Manus Christi: then poure it into your moulds, they being iseasoned as for your Quodiniack: let them stand a quarte: of an houre, and they will bee cold, and then you may take them our, and gild them.

*To cast all manner of frutag- hollow in sturd worke, and put them in their colours, as Oranges, Lemmons, and the like.*

**T**ake your Sugar being boiled to the height of Manus Christi, and put

### *A Closet for Ladies*

put it into your Alabaster moulds,  
being made of three peeces : turne it  
round about in your hand, while it  
is hot ; and when it is cold, take it  
out, and put them in their naturall  
colours.

### *To make Prince-bisket bread.*

Take a pound of very fne Flower,  
as much Sugar thorowly searced,  
one ounce of Anniseeds cleane pickt,  
take eight Egges, and a spoonefull of  
Muskadine, and beat all into batter  
as thicke as for Fritters : beat it thus  
in a Bowle one houre : then pat it  
into your ~~cattins~~ of piste, or frames  
of wood, and set it in an Ouen, and  
let it remaine there one houre : you  
may slice some of them when they  
bee a day old, and dry them againe  
vpon a hurdle of Wicker : you may  
also take one of your leaues, and  
wash it ouer with the yolke of an  
Egge beaten with a little Rose-water,  
and while it is greene, cast Biskets  
and

and Gentlemen.

and Catrowaies on it, and a little white Candy, and it will shew as if it did haile on it : then spot it with gold, and giue it to whom you please.

To make the usual Bunker soldat  
comfit-makers.

Take a Pecke of flower, and four ounces of Coriander seed, one ounce of Anniseed, take thicke Egges, three spoonfuls of ale-yeast, and as much warme water as will make it as thicke as Paste for Marchets: make it in a long Rowle, and bake it in an Ouen one houre; and when it is a  
~~drye~~, breake it, and slice it, sugar it  
with feareced Sugar, and put it againe  
into the Ouen; and when it is dry,  
take it out, and new sugar it againe,  
and so box it, and keepe it.

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## *A Closet for Ladies*

*To make an especiall sweet Powder  
for sweet Bags.*

**T**ake of the purest orris one pound, of Red and Damask Rose-leaves, of each two ounces, of Cloues three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all sauе the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk & Ciuer, of each twenty graine, Amber greece ten graine, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose-leaves dried you may put it vp into your sweet Bags, and so keepe them seuen yeares.

To

and Gentlewomen.

To make an excellent Marmelade, which  
was giuen to Queene Mary for  
a Newyeares gift.

**T**ake a pound and a halfe of Sugar,  
boile it with a pint of faire water,  
till it come to the height of Manus  
Christi: then take three or foure small  
Quinces, one good Orenge-pill, both  
very well preserued and finely beaten,  
and three ounces of Almonds blanch-  
ed, and beaten by themselues, Eringo-  
roots preserued two ounces and a halfe,  
stir these with the Sugar till it will not  
sticke: and then, at the last, put in of  
Muske and Amber dissolved in Rose-  
water, of each foure graines; of Cina-  
mon, Ginger, Cloues and Mace, of each  
three drams; of Oyle of Cinamon two  
drop: this being done, put it into your  
Marmelade Boxes, and so present it to  
whom you please.

To

## *A Closet for Ladies*

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for sweet Bags.*

**T**ake of the purest orris one pound, of Red and Damask Rose-leaues, of each two ounces, of Cloues three drams, Coriander seed one dram, Cyprus and Calamus of each halfe an ounce, Benzoin and Storax of each three drams: beat them all saue the Benzoin and the Storax, and powder them by themselves, and mix it with the rest of the powder; then take of Musk & Ciuer, of each twenty graines, Amber greece ten graines, mix these with a little of the foresaid powder with a warme Pestle, and so by little and little you may mix it with all the rest, and so with Rose-leaues dried you may put it vp into your sweet Bags, and so keepe them seuen yeares.

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stir these with the Sugar till it will not  
sticke: and then, at the last, put in of  
Muske and Amber dissoluued in Rose-  
water, of each foure graines; of Cina-  
mon, Ginger, Cloues and Mace, of each  
three drams; of Oyle of Cynamon two  
drops: this being done, put it into your  
Marmelade Boxes, and so present it to  
whom you please.

To

## A Closet for Ladies

To make another sort of Marmelade very  
comforable for any Lord or Lidy  
whatsoeuer.

TAke of the purest greene Ginger,  
six drammes ; of Eringo and Sature-  
tion roots, of each an ounce and a  
halfe : beat these very finely, and draw  
them with a siluer Spoo ne thorow a  
haire searce : take of Nut-kernels  
and Almonds blanch'd, of each an  
ovnce, Cocks stones halfe an ounce,  
all steeped in honey twelue houres, and  
then boiled in milke, and beaten and  
mixed with the rest : then powder  
the seeds of red Nettels, of Rockes,  
of each one dram ; Plantane seeds  
halfe a dramme ; of the belly and backe  
of a fish called Scincus marinus, three  
drammes ; of Diafaterion, fouroun-  
ces ; of Cantarides, adde a dram ;  
beat these very finely, and with the  
other powder mix it : and so with a  
pound of fine sugar dissolved in Rose-  
water,

and Gentlewomen.

water, and boyled to Sugar againe, mingle the powder and all the rest of the things, putting in of least gold six leaues ; of pearle prepared, two drammes, Oyle of Cinammon six drops : and being thus done, and well dried, put it vp in your Marmelade boxes, and gild it, and so vse it at your pleasure.

*To make a blan' h for any  
Ladies face.*

TAke of white Tartar two drammes, Camphire one dramme, Coperas halfe a dramme, the whites of foure Egges, iuice of two Lemmons, oyle of Tartar foure ounces, Plantane water as much, white Mercury a peniworth, bitter almonds two ounces ; all must be powdred and mixed with the oyle and water, and then boyled vpon a gentle fire, and straine it, and so keepe it . the party must rub her face with a scarlet cloth , and then

## *A Closet for Ladies*

then ouer night wash her with it, and in the morning wash it off with bran and white wine.

### *To make printed Quodiniacks of Quinces, a ruby colour.*

Take two pound of Quinces pared, and cut in small peeces, and put them into a Posnet with three pints of faire water, and so let them boyle till they be tender: then put into them a pound of Sugar, and let it boile till the fruit fall to the bottome of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a faire Posnet, and let it boile till it come to his colour and thicknesse: then print it with your moulds: you shall know when it is ready to print, by rolling a little vpon the backe of a Spooone: and if you see it will stand, and not rundowne, print it. In like sort you may make your Quodiniack of Pippins; your Pippins will hold all the yeere.

To

and Gentlewomen.

To make Quodiniackes of Raspices, or  
English Corianis.

**T**ake Raspices ripe and well colour'd, and put them in a dish, and put to them four spoonfuls of Rose-water, and mix them together with the backe of a Spoonne: then wring the liquid substance thorow a linnen cloth: season it by your mouth with Sugar till it bee sweet enough: then boile it on a Chafingdish of Coles in a dish, till it be ready to print: then print it in your moulds, and box it, and so keepe them.

Here end the conceits of Banqueting.

Your Moulds must lye in water one night before you vse them; & an houre before you print with them, take them out of the water.

C COR.

*A Closet for Ladies*

CORDIALL  
W A T E R S.

*Aqua Cœlestis.*

**T**ake of Cynamon six ounces, Cloves one dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gal-lingale one dram and a halfe, Cubebes two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Bertyony and Sage flow-  
res, of each a handfull; Marioram, Penniriall, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

and Gentlewomen.

three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe: you must put all these into a gallon of spirit of wine, and steep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

*To make cinnamon water.*

**T**AKE one pound of the best Cinnamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and three nights, and then distill it as your Aqua Coelestis.

*To make Doctor Seceuers water.*

**T**AKE of Rose-leaues one dram, Borage, Bugloss, Violets, and Rosemary-

*A Closet for Ladies*



# CORDIALL WATERS.

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*Aqua Cœlestis.*

**T**ake of Cynamon six ounces, Cloves on: dram, Nutmegs one dram and a halfe, of Ginger two drams and a halfe, of Gal- lingale one dram and a halfe, Cubebes two drammes, Calamus roots one dram, all bruised and kept in a paper: then take of Bettony and Sage-flow- res, of each a handfull; Marioram, Penniriall, of each halfe a handfull, bruised likewise: then take of these powders, of Aromaticum Rosarum three

and Gentlewomen.

three drams; Diambræ, Diamargariton frigidum, Diamoscum dulce, of each a dram and a halfe; you must put all these into a gallon of spirit of wine, and keep them three dayes and three nights, shaking them well every day, and then distill it in your Limbecks; and when it is distilled, you must hang halfe an ounce of yellow Sanders, and twenty graines of Muske and Amber in it.

To make cinnamon water.

**T**ake one pound of the best Cinnamon you can get: bruise it well, and put it into a gallon of the best Sack, and infuse it three dayes and three nights, and then distill it as your Aqua Coelestis.

To make Double Steuens water.

**T**ake of Rose-leaves one dram, Borage, Buglossie, Violets, and Rosemary.

### *A Closet for Ladies*

mary-flowers, of each a dram & a halfe,  
Spikenard a dram, Cinnamon 2. ounces,  
Ginger an ounce, Cloues & Nutmegs,  
of each halfe an ounce, Cardamons a  
dram and a halfe, Gallingale two drams,  
Cubeb 2. dram, Pepper three drams,  
Anniseeds, Carraway-seeds, and Fen-  
nell, of each an ounce, Lignum Aloes  
halfe a dram, Corall and Pearle in fine  
powder of each one dram; bruise these,  
and put them in a poitle of Aqua-vitæ,  
and a quart of Sacke, vsing it in euery  
respect as your Aqua Cœlestis.

### *To make Balne-water.*

**T**ake Balne, dry three ounces,  
Time, Peneriall, of each an ounce,  
Cinnamon four ounces, a dram of  
Cardomus, Graines halfe an ounce,  
sweet Fennell-seeds an ounce, Nur-  
megs and Ginger, of each a dramme,  
Gall-niale one ounce, Calamus, and  
Cyprus, Cubeb and Pepper, of each  
two drams, of Caper roots halfe a  
dram, of Diphamus one dram: bruise  
these

and Gentlewomen.

these things, and put them to a pottle of Sacke, and steepe them 24 houres, and then vse it as the former waters.

*Angelica water.*

TAke Cardus dry a handfull, Angelica roots three ounces, of Mirrh one dram, Nutmegs halfe an ounce, Cinnamon, Ginger, of each four ounces, Saffron one dram and a halfe, Cardamons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Graines one dram, Lignum Aloes, Spikenard, Iuncus Odoratus, of each a dram; Sage, Borage, Bugloss, Violets and Rosemary flowers, of each halfe a handfull: bruise these, and steep them in a pottle of Sack twelue houres, and distill it as the rest.

*Rosa folia.*

TAke Liquorice eight ounces, Aniseeds, Carroway, of each an ounce, Raltons stoned, Dates, of each 3. ounces, nutmegs, ginger, cinnamon, C 3 Mace,

## *A Closet for Ladies*

Mace, of each halfe an ounce, Gallin-  
gale a quarter of an ounce, Cubebes one  
dram, Figs two ounces, Sugar foure  
ounces; bruise these, and distill it with a  
gallon of Aqua-vitæ, as the rest: but  
when it is distilled, you must colour it  
with the herbe Kola-fol s, or else Alka-  
net root.

## *Wormewood-water.*

**T**ake of Wormewood two ounces  
and a halfe; Sage, Bittony & Rue,  
of each halfe a handfull. Rosemary tops  
a handfull, Cinammon 3. ounces, Nut-  
megs halfe an ounce, Cloves and Mace,  
of each halfe a dram, Ginger an ounce;  
Gallingale, Cubebes and Spikenard, of  
each a dram and a halfe, of Scodium  
halfe a handfull: bruise these, and put  
them into a pottle of Sacke, and sleepe them  
foure and twenty houres, and distill  
them as the rest.

HERE

and Gentlewomen.

## HERE BEGIN Conserues.

*To make Marmelade of Quinces.*

**T**ak: your Quinces, and boile them tender: then pare them and cut them to the core: then draw the pulp, that is, the Quince, thorow a halle Searce, and weigh it: to euery pound of pulp, take a pound of clarified Sugar, and boile them together till they come to a perfect colour, putting to them in the boiling a little Oyle of Cinamon; and when it is boiled enough, that it will not sticke to the pan, put it into your Marmelade-Boxes. But your conseiue must not bee boiled

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so

## *A Closet for Ladies*

so high in any case, for then it will not  
be so good.

### *To make Conserve of Red and Da- maste Rises.*

**T**ake of the purest and best colo-  
red buds you can get, & clip off  
the whites from them; and to e-  
very pound of leaues, you must take  
three pound of Barbary Sugar, & beat  
them together till they be very fine; &  
then with a wooden Spatter take it vp,  
& set it on the fire till it be thorow hot,  
and then presently put it vp, and it will  
be of an excellent colour. ]

### *To make Conserve of Violets.*

**T**ake of you: Violet Flowers, and  
picke off al the biew Flowers, and  
keepe them, and weigh their, and take  
to euery ounce of Flowers, 3.ounces of  
refined Sugar, and beat them in an A-  
libaster Mortar till they bee very fine,  
and then take them vp, and put them

and Gentlewomen.

into an earthen Pipkin, and set them vpon the fire till such time as they bee thorowly hot, and then take them off, and put them vp and keepe them.

*To make Pectorall rowles for the Cough.*

**T**ake Liquorice-powder finely searced one ounce, of the Spices of Diadragaganthum frigidum 2. drams, of Gum Arabeck and Dragagant in fine powder, of each a dram, white Starch halfe a dram, Anniseeds in fine powder 1.ounce, mingle with the rest: then take of Sugar six ounces, of Pennits one ounce and a halfe, Sugar-Candy one ounce powdered and mingled with the former powder: then take Gum-dragagant steeped in Rose-water, and beat it into paste, & so make it into long roules, and so dry them and keepe them.

*To make Conserne of Borage-Flowers.*

**T**ake of your Borage flowers well coloured, and picke the blacks from them,

## *A Closet for Ladies*

them: then weigh them: to euery ounce of flowers, you must take threec ounces of Sugar, and beat them together in an Alabaster Mortar with a wooden Pe-  
stle till they bee very fine, so that you cannot discerne any Sugar in lumps; then take them out, and put the Conserue into a Pipkin, and heat it thorow hot: and having thus done, put them vp, and keepe them all the yeare.

### *To make Conserue of Rosemary-flowers.*

**T**ake your Rosemary-flowers, fresh and good, and picke them from the greenetuske: weigh them, and take to euery ounce of flowers, three ounces of Sugar-Candy, and beat them very fine, vsing them in euery respect as you did your other Conserues.

### *To make Conserue of Bugloss-flowers.*

**T**ake your Bugloss-flowers, and picke them as you did your Bo-  
rage

and Gentlewomen.

rage Flowers, and then weigh them, and to euery ounce of Flowers, you must take two ounces of hard Sugar, and an ounce of Sugar-Candy, and beat them together till they be exceeding fine, and then set them on the fire, to dissolve the Sugar; and when it is dissolved, and the conserve hot, put it vp and keepe it all the yeare.

To make a Pomander.

TAKE of Beazon one dram and a halfe, of Storax halfe a dram, of Lignum Aloes in fine powder halfe a scruple, of Labdanum halfe an ounce: powder all these very fine, and searce them thorow Lawne: and then take of Musk a dram, Ambergreece ten grains, Ciuet ten graines, and dissolve them in a hot Mortar with a little Rose-water, and so make them into a Pomander, putting into it six graines of Ciuet.

To

## *A Closet for Ladies*

### *To make Conserue of Barberries.*

**T**ake of your Barberries which are very red and ripe, and picke them from the stalkes, and then wash them, and put vnto them a pretty de le of faire water, and set them on the fire in an earthas pan, and so scald them; and being thorowly scalded, pulpe them thorow a fine Scarce, & to euery pound of Pulp, take a pound of powder Sugar, and boile them till it be enough, that is, till it will cut like Marmelade.

### *To make Conserue of Cichory flowers.*

**T**ake of your Cichory flowers newgathered; for if you let them lie but one hour or two at the most, they will lose their colour, and do you very little seruice: therefore weigh them presently, and to euery ounce of flowers, you must take three ounces of double refined Sugar, and beat them toge-

and Gentlewomen.

together in a Mortar of Alabaster and a wooden Pestle, till such time as they be thorowly beaten: for, the better the Flowers and Sugars bee beaten, the better will your Conserue bee; let this alwayes be for a generall rule: and being very well brayed, you must take them vp, and put it into a Chafer cleane scoured, and set it on the fire till it bee thorowly hot: then take it off, and put it vp, and keepe it all the yeare.

To keepe Cucumbers in pickle all the yeare.

Take four gallons of Conduit water, and put into it three quarts of bay Salt, two handfuls of Sage, one handfull of sweet Marioram, and four handfuls of Dill: let these boile till it come to three Gallons, and then take it off; and when it is almost cold put a hundred of Cucumbers into that Liquor, into a Butter-barrell, and keepe them all the yeare, but looke that alwayes the herbes lye vpon them:

## *A Closet for Ladies*

them: and thus done, it will bee a most excellent Sallet with Oyle, Vinegar and Pepper.

## *An exceeding faire Pill wised for the Gout.*

**T**ake of Aloes two ounces, Mafuckle three drams, A grick halfe an ounce, GINGER halfe a dram: let these be powdered very fine: then take of the extraction of Rukarb three drams, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oyle of Cloues, and as much of Nutmeggs.

## *A medaine for the Gout.*

**T**ake of the Slips of Starres to the number of four, and then take to every slip four Snailes, and put them into an earthen Pot, and sprinkle four or five handfuls of Sak vpon them, and then put to them Sage, Rue, Wormewood and Hyllop, of each four handfulls,

and Gentlewomen.

fuls, and so distill them ; and when you haue distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowt, and it will ease them presently.

To make Sirup of Pomecitions.

Take Pomecitions, and cut them in halues, and iuyce them, but beware you wring them not too hard, lest it be slamy ; and then take to euery pint of iuyce three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne : and then, when it is boyled enough, put it vp, and keepe it all the yeare.

To

### *A Closet for Ladies*

them: and thus done, it will bee a most excellent Sallet with Oyle, Vinegar and Pepper.

### *An exceeding fine Pill vised for the Gout.*

**T**ake of Aloes two ounces, Mastick three drams, Agrick halfe an ounce, Ginger halfe a dram: let these be powdred very fine: then take of the extraction of Rukbarb three drams, and with white wine let them bee incorporated into a masse of pilles, adding vnto them a drop of Oyle of Cloues, and as much of Nutmegs.

### *A medecine for the Gout.*

**T**ake of the Slips of Starres to the number of four, and then take to euery slip four Snailes, and put them into an earthen Pot, and sprinkle four or five handfulls of Salk vpon them, and then put to them Sage, Rue, Wormewood and Hylop, of each four handfulls,

and Gentlewomen.

fuls, and so distill them; and when you haue distilled them, put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolved, and so bathe the place infected with the Gowt, and it will ease them presently.

To make Sirup of Pomecitrons.

Take Pomecitrons, and cut them in halues, and iuyce them, but beware you wring them not too hard, lest it be slimy; and then take to euery pint of iuyce three quarters of a pound of refined Sugar, and boile it in an earthen Pipkin till it come to the height of a Sirup, and take heed in any case that you boyle it not on too hot a fire, lest it burne: and then, when it is boyled enough, put it vp, and keepe it all the yeare.

To

## *A Closet for Ladies*

### *To make Sirup of Violets.*

**T**ake your Violets, and picke the Flowers, & weigh them, and then put them into a quart of water, and steepe them vpon hot embers, vntill such time as the Flowers bee turned white, and the water as bluse as any Violet: then take to that a quart of infusion, and take foure pound of clarified Sugar, and boile it til it come to a sirup, scumming and boiling them vpon a gentle fire, lest it turne his colour: and being boyled, put the Sirup vp, and keepe it.

### *To make Sirup of Liquorice.*

**T**ake your Liquorice eight ounces, and scrape it very cleane, and bruise it very well, and maidenhaire one ounce, Anniseed and Fennell seed, of each halfe an ounce: steep these in foure pints of Raine-water halfe a day: and then boyle it to a quart: then take

and Gentlewomen.

take a pound and a halfe of clarthed  
Sugar, and boile it with that liquor till  
it come to a sirup, and then put it vp,  
and keepe it.

*To make Sirup of Hore hound.*

**T**ake of Hore hound two hand-  
fulls, of Colts-foot a handfull, of  
Time, Penniriall and Calamint,  
of each two dramis, of Liquorice one  
ounce and a halfe, of Figs and Rai-  
sons of the Sunne, of each two oun.cs,  
Piony kernels a quarter of an ounce,  
Anniseeds and Fennell seeds, of each  
a quarter of an ounce : boile these in  
a gallon offaire water, till it come to a  
pottle or three pints, and then straine  
it, and take thre pound of Sugar, and  
thre Egges, and clarifie that liquor,  
and so boile it to a sirup, and so keepe it  
all the yeare.

To

## *A Closet for Ladies*

### *To make Sirup of Maiden-haire.*

**T**ake of Maiden-haire six ounces, of Liquorice one ounce, scraped and sliced; steepe these twenty fourre houres in foure pints of Conduit water, and then boile them to a quart, and then take two pound of clarified Sugar, and boile it with that liquor vpon a gentle fire of Charcoles, till it come to a Sirup, scumming it very often, that it may be the clearer; for, the clearer it is, the better it is; and being boyled e-nough, put it vp.

### *To make Sirupe of Hysop.*

**T**ake of Hysop one handfull, of Figs, Raisons, Dates, of each an ounce, of Calamint halfe a handfull, of French Barley one ounce: boyle these in three pints of water to a quart, and then straine it, and then clarifie it with the whites of two Eggs, and two pound of Sugar, and so boyle them

and Gentlewomen.

them to a Sirup : and being boyled  
enough, keepe them all the yeare.

*To keepe Cherries all the yeare, to bane  
them at Ch'ristmas.*

Take of the fairest Cherries you can  
get, but bee sure that they bee not  
bruised, and take them, and rub them  
with a linnen cloth, and put them into  
a barrell of hay, and lay them in ranks,  
first laying hay in the bottome, and  
then cherries, and then hay againe: and  
then stop them vp close, that no aire  
may come neare them, and lay them  
vnder a Featherbed where one lieth  
continually: for the warmer they are  
the better, yet neare no fire: and thus  
doing, yon may haue Cherries at any  
time of the yeare.

To

## *A Closet for Ladies*

### *To make Sirup of Mulberries.*

**T**ake your Mulberries which are very ripe, preſſe out the iuice from them thorow a linnen cloth betweene two ſticks, and then to euery pint of iuice, take a pound of Sugar, and boile it to the height of a Sirup, and then keep it all the yeare long: and if it wex any thing thinner, a moneth after you put it vp, boile it againe, and then put it vp.

### *To make Sirup of Lemmons.*

**T**ake your Lemmons, & cut them in halues, and betwixt your fingers iuice them, and the liquor that runs from them wil be very cleare, then take to a pint of iuice, a pound and a quarterne of hard Sugar, which is ver-ry white, and boile it to a Sirup, and it will keepe excellent well.

To

and Gentlewomen.

*To make Sirup of Roses full time.*

**T**ake of Damaske Roses, and pull them, then take a gallon of water, and when the water is hot, put in a good many Damaske rose leaues, and take them out when they looke white, and doe so ten times, and then the wa- ter will looke red: and then, to euery pint of that liquor, put a white of an Egge, and a pound of Sugar, and clarifie it, and boile it to a Sirup, and keepe it all the yeere. The thicker the Sirup is, the better it will keepe.

*To make Sirup of dry Roses.*

**T**ake of red Roses dried fourre ounces, and infuse them in a quart of faire water vpon hot embers till the Roses haue lost their colour: then take a pound and a halfe of Sugar, and clarifie your li- quor

### *A Closet for Ladies*

quor and Sugar with two Egges, and  
then boile it to the height of a Sirup:  
but take heed in any case, that you  
set not your Sirup vpon too hot  
a fire: for then it will lose  
his colour, and bee  
worth nothing.

*A*

and Gentlewomen.

*A Medicine to giue  
a woman in Trauell,  
to make her haue  
Throwes.*

**T**ake corall, amber, date stones, Pearle, Piony-seeds, Saffron, Commine: beat all these in Powder, & put it into Malmesie, and take Vnicornes horne, & put it into a spoone with a little Malmesie, and giue it to her, and presently let her drinke a draught of the Malmesie, with the powders aforesaid, warming of it a little.

## A Closet for Ladies

*A Medicine for the falling downe of the  
Matrice to the bearing place.*

**T**ake Chickweed, and seethe it in an earthen pot: then lay of it vpon a peece of Scarlet, as hot as the party may suffer it: let her take it to the priuy place, and as one plastrer cooles, so lay another and vse it.

*Another for to be taken to the Nauill, and  
to the backe right against the  
Nauill, for besame.*

**T**ake a red Onion, and rost it very tender: then take of Allyander seeds, and bruise them in a wooden dish, and mingle the Onion and the braised seeds together, and lay it vpon a peece of linnen cloth: so lay it to the Nauill a little warme: roule that on, and let it lye on 24 houres,

and Gentlewomen.

houres: then change it, and take a new one till it be whole.

It is good for the Mid-wife to hold Muske below (tied in a littie Lawne) to draw downe the childe.

Take Torch-wort, and lay a leafe of it to the crowne of a womans head warme, to stay other flowers.

*A Medicine for a woman after burden, if need be, to bring it downe.*

**T**ake Sothern-wood, and wash it cleane, and stampe it, and straine it in strong Ale, and giue it her to drinke warme.

*To stop the whites in women.*

**F**ry Hemlock in fresh swines greace: lay it as hot as she may suffer it, to the secret place.

D

For

## *A Closet for Ladies*

### *For a Tetter.*

**T**ake Oates and seeth them in water, and when the Tetter is, hold ouer the reeke thereof, as hot as may be, laying a cloth ouer it, to keep in the reeke, so that the cloth doe not touch the Tetter: vse this hue tyme morning and evening.

*To make a Scar-cloth for an a: b that  
is new y come.*

**T**ake Boares grease, Camphire and wax, and boile them all together, and so make a Scar-cloth thereto, and lay it to the grise.

### *For a Felon or an Handosome.*

**T**ake Herb-grace, rusy Bacon, sowre Leauen, and Snailes that bee with shels on their backes, taking them out of their shels, and beat all these together, and lay it to the grise.

*Fur*

and Gentlewomen.

For to heale any, if they be scalded  
with hot liquor.

**T**ake Alchofe and Auens, sheeps  
luet, and sheeps dung, and Goose  
dung, and when you haue washed  
the herbs, break them all together a  
little, and so fry them together, & then  
straine it, and make Plaisters thereof,  
and lay it to the griefe: warme it a little  
when you lay it to, laying new plaisters  
to it twice a day: you may take the iuice  
of Houfleeke, and sallet oile, and water,  
and beat them together, and wash the  
griefe before you vse this Plaister.

A Medicine for the bites.

**T**ake a quart of new Milk of a red  
Cow, 10. spoonfuls of Red-rose  
water, a pumgranat pill beaten,  
and a little Cinammon beaten, and seeth  
it halfe away: sweeten it with Sugar,  
and drinke a draught morning and  
euening, and two whites of Eggs beaten.

## *A Closet for Ladies*

*A Medicine for them that are given  
to blceding.*

**M**ake a Posset, and take off the curd, and take Liver-wort, and beat it, and put the iuyce thereot in o the Posset-drinke, and drinke it morning and euening warme.

*For the heat in the Kidnies.*

**T**AKE Houslecke and Plantane, and not wash them, but wipe them with a cloth, and beat them, and straine them, and put to the iuice thereof Red rose-water, and Wine-vinegar, and womans milke, and take the herbs and put them into clothes, and tye the clothes with thred like a couple of bals, and you must (when you doe vse it) haue one to doe it for you in the morning when you are in your bed : and the party must take the bals, and dip them in this liquor, and so bathe your Kidnies ; and as soone

and Gentlewomen.

soone as one of the bals is hot with  
doing of them, take the other, and so vse  
it an houre every morning.

*A Medicine for the Stone.*

TAke Pellitory of the wall, Smallage,  
Hoathhockes, Mallowes, Tanise and  
Saxifrage, of each a hindfull : chop  
them small, and quilt them in a little  
linnen bag : then take thre pints of  
creame, halfe a pint of Malacesie, a quar-  
ter of a pint of running water, and set  
them on the fire ; & when it doth seeth,  
then put the bag of herbs into the pot,  
and when the bag is thorowly hot,  
wring it betweene two trenchers ouer  
the pot to saue the liquor : then lay the  
bag to the grise a. hot as you may luf-  
fe it ; and as soone as it cooleth, make  
it hot againe in the same liquor, and  
so apply it to the grise.

D 3

For

## A Closet for Ladies

For the Womyn et.

**T**ake a handfull of Basil mintes, a handfull of Lauender Cotton, as much of Wormewood, Peache-  
leues as much, Feathers for a handfull, of vnsent Leckes a handfull: buile them together in three spoonfulls of Wine-  
Vinegar, and of his own water as much, and quilt them in a bag, and so lay it  
warme betwene his nauill and his  
stomacke.

*To beake a sore brest that comes with the  
inf. Etion of the milke.*

**T**ake Mallowes and Soffi on, and  
seeth them in Milke, and when  
it hath sodden a good while, put  
in some crummes of leauen bread, and  
boile them well together; and a little  
before you take it vp, put some Sallet  
Oyle into it: you must let it boile till  
it comes to a Poultis, and so lay it  
warme to your brest: if you perceiue  
that

and Gentlewomen.

that this will not help your brest without it be broke, you must rost a Lilly root, and lay it to your brest where you will haue it broke: and when it is broken, you must tem it with leaven and milke sodden thicke together, and make a Plaister thereof, and lay it to the place where it is broken: you must dresse it twice a day, laying the Poultis also about your brest, saving the place that the Plaister lyes on: you must dresse it both with new Poultis and a new Plaister twice every day, till it begin to heale, and then once a day is sufficient.

To stan b bleding at the Nuse.

**T**ake Bolerminack, and the white of an Egge, and Vinegar, and beat them together, and make Plaisters thereof, and lay them to your Temples.

## *A Closet for Ladies*

*To stanch the bleeding of a wound.*

**T**ake of vnset Hysop, and bruise it a little, and take the powder of the bone that is to bee found in a Capers head, and strew the same powder on the Hysop, and lay it to the wound.

*Another farr to stanch the bleeding  
of an wound.*

**T**ake Hogs dung hot from the Hog, with Sugar, and lay it to the wound.

*For the weakness in the b.cke.*

**T**ake Claty and Dates, and the pith of an Oxe, and put them together, and then put them to your creame, and Eggis, and grated bread, and fry them together, and strew Sugar on it, and eat it in the morning fasting, and you must put some white Sanders

and Gentlewomen.

Sanders in it also when you temper it together.

For the Wormes.

Take Mares milke, and drinke it as hot as you can haue it from the Mare, in the morning fasting.

To know whether a Chiilde hath the Wormes or no.

Take a peece of white Leather, and pecke it full of holes with your knife, and rub it with Worme wood, and spread hony on it, and strew the powder of Alefackatrina, and lay it on the Childs Nauil when he goeth to bed, and if he haue the Wormes, the plaister will stick fast; and if he haue them not, it will fall off.

*A Closet for Ladies*

*For ore that is br. if dritbafull.*

**T**ake strong Pitch and beat it, and drinke it with white wine, or sacke, or Malmesie ; and if you haue none, then take some other liquour : then melk Parmaicity, and anoint the place where the bruite is.

*For Leuind collyk.*

**T**ake Paſſly-seeds, and bruife them, and ſeeth them in Sack, and drinke it warme when you haue your paine.

*For the Gome that is in the conue.*

**T**ake Rubaib, and grate it, and mingle it with Conferue of red Roses, and eat therof euery morning tasting a pretie quantity.

and Gentlewomen.

*A Water to wash a Sore.*

**T**ake of Plantane, and Wood-bine-leaves, and white Roses, and stille them together, and when the water is stilled, put a quantity of Camphire into it, and so let it lye in the water continually.

*For the shrinking of the Sinewes.*

**T**ake the Marrow of a horse bone, and the crops of Elders, and as much of Sare, and chop them together, and boile them in the marrow, and then straine out the herbs, and put to the liquor one spoonfull of honey, two spoonfuls of Aqua-composita, and a quantity of Pepper, and boile it againe, and keep it for your use.

*For the Pi'es.*

**T**ake a quantity of Ragwort, and a quantity of ground-luic, and the

*A Closet for Ladies*

the marrow of the hindes leg of a Bullocke, and beat the marrow and the herbs together, and boile them on a soft fire, and straine them, and keepe it for your vse.

*A Salve to take dead flesh out of a sore*

**T**ake a spoonefull of Vinegar, and a spoonefull of Hony, and a quantitie of Verdi-greace, and as much Aljome, and boile all thele together, and keepe it for your vse.

*For the stlaying of the Flux.*

**T**ake a new laid Egge, and take off a little of the top of it, and poure out a little of the white, and fill vp the Egge with Aqua Composita, and stirre it together, and rost it, and sup vp the Egge in the morning fasting : till you be well vse this.

*Another*

and Gentlewomen.

*Another for beſome.*

**M**ake Rice-pottage with Almond-milke : you must not blanch the Almonds, and make little bals of Virgin-wax : make them lesle than Pease, and when you doe eat of the Pottage, take thre or four of the Bals, and put them in euery spoonefull as you doe eat it.

*For the Gout.*

**T**ake an earthen pot, and put into it a quart of Aqua-Composita, and take two handfuls of Henbane, and breake it, and put it into it, and set the pot in the earth all the moneth of May, and it wil come to an Oile ; and at the end of May, you must take it vp, and keepe it for your vse: you must couer the pot very close when you set it in the ground ; and when you anoint the griefe therewith, you must doe it against the fire.

*For*

## A Closet for Ladies

### For the Piles.

**T**ake Mardlen aske beeſe, and dry  
it, and beat it to powder, and then  
put it into a chafir dish of coles, and ſet  
it in a chaine, and ſit ouer it.

### For an Ague.

**F**it bee for a childe, take two ſpoon-  
fulls of good Ale, and teeth it, and ſcum  
it, and one ſpoonfull of the Syrup of  
Roles, and let him diink it luke warme;  
if for an old body, then take three  
ſpoonfulls of good Ale, and two ſpoon-  
fulls of the Syrup of Roles.

### To make a fefh Cheſe.

**T**ake a quantity of new Milke, and  
let it on the fire, and let it boy'e,  
and take halfe a dozen yolkes of Egs,  
and beat them, and ſtirre them in the  
milke on the fire: then take it off the  
fire, and keepe it ſtirred till it bee luke  
warme,

and Gentlewomen.

warme, and then put Runnet into it, and stirre it, and let it stand till it bee gathered together, and take vp the Curd, and put into it Cynamon and Ginner, and stirre it about and make dishes of it, as you thinke good.

*A Medicin for a pestilent Ague, or so  
diseany thing from the bowys.*

**M**ake a Posset with white wine, and take away the curd, and take horse dung of a stome horse, as hot as you can get it from the horse, and straine it with the Posset drinke, and put a little Methuinate, and Cardus Benedictus water, and Unicorns horne: and if you haue no Unicorns horne, then put Iuory or Sea-horse tooth, and give it to the sick to drinke fasting in the Morning, warming it, and you must put the Unicorns horne into the spoone, and take it with some of the Posset drinke, and

### *A Closet for Ladies*

and so drinke the Posset presently after  
it, and vse this two or three mornings.

### *A Medicine for the sorenesse in the throat that commett with the Rheume.*

**T**ake halfe a pint of Hony-suckle-water, and two lewes eares, of Plantane and Si kfield halfe a handfull, and a few Columbine leaves: these must be sod with as much white Sugar Candy as will bring the liquor to a Sirup: you must put in a little Howell, Cinamon, and so take it in the morning, and in the euening, and at such times as your throat is dry.

### *Another for the falling of the Euallw, or other paine in the throat.*

**T**ake a handfull of red Sage, a spoonfull of Dill-seed, a peece of Jeauen:

and Gentlewomen.

Leanen: boyle these in a lit. le new milke  
till it be thicke: then lay it on feure fine  
clothes, and lay one cloth to the nape  
of the neck, and another to the throat,  
and to each temple one, and binde the  
clothes, and doe this as often as need  
shall require: for it hath beene proued.

*A Salue for a greene wound.*

**T**ake a pound of Rosin, halfe a  
pound of Wax, foure ounces of  
old Swines greaſe, one ounce of  
Verdigrease: boile them all together  
vpon a ſoft fire, and ſtraine them.

*A water to heale all ſores in legs,  
and ulcers.*

**T**ake a pound of Roch-Allane,  
4.ounces of greene Coperas: beat  
them ſome what ſmall, and put them  
in a pan on the fire, euer stirring  
them till they bee molten and dried  
againe,

## A Closet for Ladies

again ready to be powdred, and beat them agayn in fine powder, and keepe them to your use. When you will make your water, set a potte of faire Conduit-water over the fire, till it boyleth fallethen take it away, and as soone as it leaueth boiling, cast abroad your powder on the water, the which will make it to boile; as long as your water riseth, so long cast your powder in; and when it leaueth rising, and is blacke in the botome, then it is perfect: then, if you see a dangerous sore leg, first cast your powder presently thereon, and lay thereto three or fourre fold of linnen cloth wet in water, and roule it vp: doe so till the Ulcer be cleane.

A very good water for a sore mouth.

TAke of Conduit water a pint, one handfull of Hysop, of white wine, and of Almonds a pound, of Roses three ounces: seeth them all together till

and Gentlemen.

A Cagle to breake any swelling that is  
ready to breake.

**T**ake of Camomile, of Hyssop, and of quick lime a like quantity: bray them together in a Mortar, till it be very fine: when you would open an Impostume, lay it as big as an hasel Nut vpon the next place, and binde it very hard, and let it remaine there 4 hours: then take it off, for it will make the place dead, & then you may let out the matter without griefe to the patient.

### *A Calitus Plaister.*

**T**ake of Litrage of gold powdred ver-  
ry fine, common oile, hogs grease

## *A Closet for Ladies*

a pound, white Coperas fourc ounces : put them all together in a brazen Pan, and leeth it ouer a very soft fire of colcs, and try it continually vntill it come to a body ; and in the boiling you must cast into it one ounce of good Rose-water, or two, and now and then a spoonefull ; and when it is come to a good body, take it off the fire, and stir it till it be cold, and ready to be made vp in a rowle, and then make it vp.

### *To make Populier.*

**T**ake of Populer buds a pecke, of hogs grease fourc pound : leeth them both together a quarter of an houre, and then take it off, & straine it: if it be too thin, put in a little Wax.

### *Bafilion.*

**T**ake Pitch, Rosin, Wax, Sheepe Suet, common Oile, a like quantity:

and Gentlewomen.

tity: beat these small, and put them in a brazen Pan, and melt them all together: then take them off the fire, and straine them thorow a coarse linnen cloth, for the Pitch will not be molten: this is good for all manner of sores; and when you will put in a Tent, mix it with the yolk of an Egge.

*Maturacum Poultis.*

**T**ake Onions, Garlick, Dow, Lilly-roots, a like quantitie: roast them all in a wet cloth vnder ashes, and then put them in a Mortar, and beat them smale: this is good for all Impostumes to breake them out.

*A Medicine to heale old sores.*

**T**ake Plantane, Bramble tops, Orpin, Bettony, Egremony, of each a handfull: straine them, and put thereto Rosin and Wax, of each a quarter of a pound; fresh Hogges grease and Sheeps suet, of each four ounces:

## *A Closet for Ladies*

ounches : boile them ali together till the  
wicke be co[n]firmed: then straine it, and  
keep it to raise flesh, and heale old sores.

*A plister to be to old sores after they're  
made cleare, and filled wi[n]h flesh.*

**T**ake Sallet oyle halfe a pint, Lead  
a quarter of a pound : boile these  
till they be black, and keepe them  
for your vse.

*To cleare storne, and take away  
the dead flou.*

**T**ake Wood-binde flowers, white  
Roses, Plantane, and stille them  
together ; and when it is stilled,  
take six penniworth of Camphire, and  
put it into a quart of the water, and set  
it in the Sun for ten or twelue dayes,  
and so wash the storne withall.

and Gentlemen.

*A medicine for a sore throat.*

**T**ake a pint of milke, halfe a handfull of Columbine leaues, halfe a handfull of Gasell, & halfe a score leaues of Sinkfield, two lewes eareys, and so the party must vse it euening and moraing, and gaigale it in his throat.

*A Medicine that will heale any wound or sore, and keepe it without proud sh, or dead fleshe.*

**T**ake halfe a pound of wax, a quarter of a pound of Sheeps suet, a quarter of a pound of rosin, and a quarter of a pound of Turpentine, halfe a pint of Sallet-oile, two handfulls of Bugle which growe in the Wood, a handfull of Smallage, a handfull of Mallowes, a handfull of Valerin, a handfull of Grunell, and a handfull of Balme : stamp and straine the herbs,

## *A Closet for Ladies.*

herbs, and put the iuice into the foresaid things, being a whiſe boyled: then ſeeth them tog ther a quarter of an houre: then take it from the fire, and let it ſtand till it bee cold: then take away the Smallage from the bottome: then take ſome of your Balme-water, and put into it, ſo much as will make it greene, and let it boile together halfe a quarter of an houre, and ſo take it to your vſe.

## *A Glißer.*

**T**ake Camomile, Bettony, Dill, Pellitory of the wall, Hysop, Rue, of each a handfull: boile theſe in the broth of a Sheeps head, till the broth bee very ſlippery: then take a pint of the broth strained, and put two of the Pils of Diabes, of each a crowne weight and a halfe; Diacatholice, Diaphenicon, of each halfe an ounce; Oyle of Camomile, Oyle of Dill, of each an ounce, a little

and Gentlewomen.

little salt, and a glister: if you will haue it breake winde, put into the foresaid Commine seed, Fennell seed, Anni-seed, of each bruised two good handfuls, and boyle all together, and strain it, and make it as aforesaid, and put in the glister.

*To take away the heat of a burne, or out of a scald.*

**T**ake egges, and roast them as hard as a stone: then take out the yolkes of them: then take a frying pan, and put in the yolkes of the hard egges, and so let it fry til it come to an Oyle: then straine it, and anoint the burne withall: then take a bladder, and annoiit it with Sallet oyle, and lay it to the burne.

*To make another Glister.*

**T**ake running water, two handfuls of Carmon, a handful of Mallowes, a handful of Worne-woode, a hand-

E.

## *A Closet for Ladies*

handfull of Mercury, an ounce of  
Commine, two ounces of Fennell-  
seeds, two ounces of Anniseeds: beat  
all your seeds, and set your herbs a  
boylng, and straine them.

### *A Medicine for one that is broken.*

**T**ake a quantity of Comfrey, a  
quantity of Knehome, a quan-  
tity of knotted grasse, a quantity of Ri-  
beruorum, and a quantity of Polipo-  
dy: stampe them all together, and  
straine them in Ale, and then giue the  
patient the same to drinke cold, and  
trusse him vp with some bolster, and  
let his diet be but competent, eschew-  
ing all slippery meats, as butter, and  
such like: prouided alwayes, that the  
patient keepe his bed six or seuen  
daies, lying vpon his backe, and sometimes  
hold his belly with his hand.

To

and Gentlewomen.

*To make a Pouliis for swelling.*

**T**ake the crum of Manchet, and seethe it in milke till it be thicke: then put in a peece of new Butter about the quantity of a Walnut, or somewhat more.

*For the Rheume.*

**T**ake a little quantity of Mastick, and as much Pellitory of Spaine cut in small peeces: sew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory and the Mastick be consumed, and spit in the meane time as much as you can.

*For the Tooth-ache and the Rheume.*

**T**ake a quantity of Gum of Iuie: put it in a little bag of linnen: then wet your bag in Aqua vitæ or Vinegar, and keep it in your mouth till the Gum of Iuie be consumed: hold the

E 2      bag

## *A Closet for Ladies*

bagge ouer or vpon the hollow tooth.

### *A water for the eyes.*

TAKE a pint of white wine : then heat a stome called Lapis Calaminalis, redhot, nine or ten times in the fire, and quench it euery time in the wine : the last time you quench your stome, stir it about in the wine : then keepe your water in a cleane glasse, and let it stand, vse to put in your eye one drop or two morning and cuening.

### *For the eyes.*

TAKE Rosemary, Houslecke, red Feanell, and roast an egge, and take out the yolke : beat these herbs together and straine them.

### *For the paine in the head.*

TAKE of the best fallet oyle you can get, and the flowers of wilde primroses,

and Gentlewomen.

roses, and put them into the oyle, and then set it on the fire, and let it boyle halfe an houre very softly : then put it in a glasse, and set it in the Sunne three weekes, and then rub your temples euening and morning. E.C.

*A Gargas for to purge the head.*

TAke a pint and a halfe of Wine. Vinegar, Mustard seeds, Ginger, Cloues, Nutmegs, Pellitory-roots, about the quantity of one ounce : when they are beaten, put it into the liquor, and stir them together for the space of a week : then gargasse it euery morning before you vse the oyle to your head.

*For a pin and a Web.*

TAke the oyle compacted of the bone of a Gooses wing, and rub it in the palme of your hand, that no shiuers of the bone do stick in it, and

E 3      put

### *A Closet for Ladies*

put it in with the point of a pin : for the bignesse of a pins head is enough at once.

#### *For a swelling.*

TAke Barrowes grease, and So-  
thernwood, and Aqua vitæ, and  
boile it together : and when you haue  
boiled it, straine it in a pan.

#### *For a Bone-ache.*

TAke two or three handfuls of Ca-  
momile, a quarter of a pound of  
sheepe suet chopt small, and a peece  
of stone-pitch of the quantity of a  
Walnut, and a peece of leauened  
bread in it crumbled very small : boile  
it in your owne water, till it be very  
thicke, that you may spread it vpon a  
cloth like a plaister, and lay it on the  
place where the ach is for foure and  
twenty houres, and so dresse it three  
times : if you doe, it will take away  
the ache.

and Gentlewomen.

*A Medicine to heale an old sore, or a new.*

Take a quarter of a pound of Rofin, and melt it in a pan till it haue left cracking, and then take halfe as much wax, and a little Turpentine and sheeps suet chopt small, and a spoonfull of Oile-Oliue, and boile them all together, and when you haue done so, straine them in a paile of water, and make it vp euен as you will occupe it, and draw your plaisters thin, and dresse it three times a day, that is to say, at morning, noone, and euening, till it bee almost whole: then dresse it but twice a day, morning and euening: but if there be any core that hinders the healing of it, take a little Mercury, and put it in two spoonfulls of water; and when the Mercury is melted in the water, and congealed together, take a feather, and drop in two or three drops, and lay a plaster vpon the wound, and it will bring forth the core.

*A Closet for Ladies*

*For an Andconne.*

TAke halfe a dozen knots of a young Oake, and put them in a firepan, and burne them to a red cole, and take Boares grease, and fine suet, and two or three cornes of salt, and stampe them very fine, and so make a plaister of it ; and if it doe draw and heale too fast, lay line vnderneath the salue : you must dresse it twice in the Winter dayes, and thrice in the Summer-dayes.

*The Copie of Doctor Steuens wite.*

TAke a Gallon of the best Gascoine wine : then take Ginger, Gallin-gale, Cynamon, Nutmegs, Graines, Cloues, Anniseeds, Fennell-seeds, Carroway-seeds, of each of them a dram-weight : then take wilde Time, Hysop, Lauender, Sage, Mints, red-Roses, Garden-Time, Pellitory of the wall, and Rosemary, of each of them

and Gentlewomen.

them one good handfull, and bry  
the heibs very small, and stampe the  
spices all together very small: put  
all together into the wine, and close it  
fast twelve houre, and stirre it diuers  
times: then still it in a Limbecke,  
and keepe the first water, for it is the  
best: and then keepe the second,  
for it is good, but not so good as the  
first.

E.C.

A dramme weight of the seed of  
Collumbine, bruised with halfe a pe-  
ny weight of Saffron drunken with  
wine, is good for the landers: then  
goe to bed and prouoke sweat: the  
flowers distilled are good for the same  
purpose, and against swounings.

Pimpinel.

This herbe is good against the Pe-  
stilence, to be taken fasting in a  
morning, and good against the stone:  
the roots sodden, condited in sugar,

E 5 may

## *A Closet for Ladies*

may profit them that haue cold stomacks, and are troubled with too much fleame, the collicke and stome: this root, any way taken, is good against poison.

Mouscare is hot and dry: some vse to giue the iuice of this common Mouscare, to hinder the cold of a quartan Ague: some vse to gather the roots in May, and dry it, and giue it to them that are broken: it is good for the bloody Flix, the great scowring of the mother, for wormes both outward and inward, common flixes, for vomiting of choler, and spetting of bloud, and bursting, and specially for breaking of the brain pan.

The juyce of Costemary drunken killeth both small and great Wormes in the belly: it is good for a cold Mother: it strengtheneth the stomacke, whether it be drunken or laid to, and stayeth vomiting: the herbe of this nature, whether it be strewed, or else  
perfume

and Gentlewomen.

perfume made thereof, dines away  
Serpents, and is good against their  
poyions, and it helpeth and strength-  
neth the head.

*To take out the beat of a Burne.*

**T**ake the fat of Hogs guts and  
sheepes trittles, and boyle them,  
and put them in a pot: this will heale  
the partie, and take out the fire, and  
will keepe good a whole yeare: this  
hath beene proued.

*To take the beat out of the face.*

**T**ake running water and Elder-  
flowers, Plantane, white Daisie-  
roots, and herb-Robert: put them  
in the running water, and wash your  
face morning and euening there-  
with.

## A Closet for Ladie's

### A Medicine for a Canker in a mouth, proued.

TAKE running water, a handfull of Wood-binde leaues, a handfull of Bramble leaues, a handfull of Columbine leaues, a little Rosemary, and boyle them together till halfe the wa-  
ter be wasted: then put in two or three spoonfuls of hony, a peece of Roch-Allome, three or fourte spoonfu's of Wine-vinegar, and wash your mouth with the sodden herbs there-  
of three or fourte times euery day.

### The Diet drinke.

First buy a diet pot of the com-  
mon sort, such a one as will cost  
eight pence or ten pence: then put  
into it halfe a pound of Liquorice  
scraped and bruised, halfe a pound of  
Anniseeds bruised, three quarters of  
a pound of Lignum vitæ bought at  
the Turners, and one ounce of the  
barke

and Gentlewomen.

barke of the same wood, which is to be bought at the Apothecaries, halfe a pound of Raisins of the Sunne, the stones taken out; a good handfull of Seabias, an ounce of Chiny, two ounces of Salyprilla, a quantity of white wine: then fill vp your pot with faire water, sauing a pint: then couer your pot with his couer, and close it round about the brim with paste: then set it on a soft fire of coales, and let it boile three houres, till the fourth part bee wasted: then put the clearest into bottles, and drinke morning and euening a good draught, and so doe fourteene or fifteene dayes.

If you put a little of the wood into the fire, and there fly out of it like oyle, then you shall be sure it is good.

For

## *A Closet for Ladies*

*For the head-ache.*

TAKE two handfuls of Veruine, Betony, Camomile roots, Lettuce, Checumete, of each sort two handfuls, dried Roses: put them to powder of Nutmegs: boyle this in white-wine: then take out the herbs and fry them in Oyle-oliue, and straine them in a cloth, and make an ointment thereof, and therewith anoint the head.

*To make the Rheume medicine.*

TAKE fife quarts of Hyssop-water: it must be stilled when the Hyssop beareth flowers; and one pound of English Liquorice cleane scraped, and cut in little peeces: bruise them, and then put it to the water, and boile them till halfe be consumed away: then straine it in shallow.pans, and set it in the Sunne, and stirre it now and then, and sometimes set it ouer the fire till you see it wex blacke, but doe

and Gentlewomen.

doe not boile it, and it will wex stiffe  
with standing in the Sunne, that you  
may make it in little cakes.

*A salve for a cut.*

**T**ake six ounces of Deere suet,  
four ounces of Wax, four oun-  
ces of Rosin: stampe and straine Ve-  
lerian, and take the iuyce as much as  
you thinke will make the salue looke  
greene, and boile them together till  
it come to a salue.

*A medicine for the floppixg of the Liver,  
very good for them that have the  
Jaunders.*

**T**ake Parsly-roots, Fennell-roots,  
Asperigon-roots, Kneeham-roots,  
Succory-roots, of each the weight of  
halfe a crowne in silver; of Duck roots  
the weight of twelue pence, a little  
Liquorice, halfe a handfull of Raisins  
of the Sun stoned: boile this in three  
pints

### *A Closet for Ladies*

pints of water to a quart, and make Almond-milke with the liquor, and take two parts of sweet Almonds, and one part of bitter : sweeten it with Sugar, or else with sirup of Succory, and drinke a draught three mornings together, fasting three houres after it ; vse this every month : you may put in Barly husked, and Saxifrage, Maiden-haire, and Liverwort.

### *For the Womes.*

**T**He powder of Coralina, to the weight of three pence in siluer, giuen in the water of Couchgrasse.

### *A Medicine for a quartan or a tertian Ague.*

**T**Ake the Herbs and roots called Harts-horne, Plantane and Orpin, and beat them wi a little white wine, and a little bay salt, and so lay it on a cloth vpon your wrist, but bee sure it lye on the places on both armes,

and Gentlewomen.

armes, changing it euery foure and twenty houres : be sure also, that you lay it two houres before the fit commeth, and hang nine roots of the Harts horne about your necke in a filke bagge, so that it may lye vpon the hollow of your stomacke, and let it hang till your Ague be gone. You must not wash neither heibes nor roots : and you may take the roots when you cannot get the herbs, and vse them so.

*For the Canker in the mouth, or ramnesse,  
or in the lower part of the woe.*

TAke red Fennell, red Sage, Hysop, Herbe grace, Rosemary, Hony-suckle leaues, Fetherfue, and Daisie leaues, of each a little quantity, in all two handfuls : boyle these in a quart of running water to a pint : straine it and let it stand vntill it bee cleare, and put therein a spoonefull of English Hony, and as much Roch Allome

### *A Closet for Ladies*

Allome beaten, as the bignesse of a Bean, and boile it together: you must take off the scumme as it doth anse when it is boiled: put it into a glasse, and keepe it for your vse: you must warme it when you take it.

*A good Medicine for an Andicome, or a bolke, or a sore brest, or Carbuncle, to ripe or breake them.*

**T**ake a qnantity of Herb-grace, a quantity of leauened bread well crummed, halfe a spoonefull of Sallet oyle or Capons-grease: boile these in good Ale-grounds, and keepe it with stirring till it bee thicke; and when you vse it, lay it vpon a cloth warme to the grieve. This medicine will resolute a brest without breaking it, vniuersall it need breaking: you must change it euery day once.

and Gentlewomen.

*A good Saue to be leit whn  
it is broken.*

TAke a quantity of Boares grease,  
of Wax and Rosin, of each alike  
quantity: you must scrape the Wax,  
and beat the Rosin, and boyle them  
together till they bee melted: then  
take Lapis Calaminaris and Roch-  
Allome, as much as a beane of each,  
and beat them together: then take a  
spoonfull of English Hony, and put  
them together, and boyle them a-  
gaine; and when it is well boyled,  
powre it into cold water, and make it  
vp in rowles, and keepe it for your  
use.

*A Medicine for a bruise.*

TAke a quantity of Stone-pitch,  
as much gray sope, and beat the  
pitch finely to powder, and boyle  
them together with stirring till it bee  
boyled: then take it off the fire, and  
let

## *A Closet for Ladies*

let it coole, and then spread it vpon a cloth, and lay it to the griefe: it must not be thorow cold, for then it will not spread: and if one doe not heale it, then lay on another cloth spred with the same.

### *An ointment for an Ague-sore, or other sores, and for swellings.*

TAke a Bayome roote, and cut off the out side thin: some doe callit wilde vine: slice it, and lay it all night in a pint of Sallet oyle, and then boyle it, straine it, and keepe it for your vse: for this is good to annoint any Ague-sore, or any other swelling. Then take halfe a pint of Sallet oyle, and as much red Lead as you can buy for two pence, and boyle them together, and keepe it stirring till it looke blacke: then take as many clooths as you thinke will drinke vp the oyle and the Lead, and then coole it, and keep it for your vse.

This oyle and Lead is good for  
Ague-

and Gentlewomen.

Ague-sores and other sores. Remember to anoint the sores with the ointment aforesaid first, and then lay on the Seare-cloth, doing this twice a day, till the sore be whole. And for swelling, you must vse the Bryome-roots and the Oyle only, without the Oyle and the Lead.

*An approued good Medicine for the  
Tooth-ache.*

**T**ake Rose-water, either red or damask: take yellow wax a quantity, and fresh butter, of either an equall quantity, and mingle them together in a dish vpon the coales, and then take a liinnen cloth, and dip it therein, and lay it to that side of your iaw where you are grieved, as hot as you can suffer it; the hotter, the better.

*A Medicine for the bloody Flux.*

**T**ake two tostes of cheat-bread, & toste them; and two egges, and roste

## *A Closet for Ladies*

roste them hard, and take the yelkes of them, and the liver of a chick, and beat all this together small : then put all this into a pint of Charne-a ilke : then take halfe an ounce of Cinnamon : beat it smal, and put it in the medicine, and then take of it euening and morning fasting, for so it most availeth you : but if your stomacke be weake, then put in some sugar to sweeten it.

### *For the Pin and Web in the eye.*

**T**ake the juyce of Parsly, and halfe as much H-ny, and with a feather drop it in the eye ; and after it, you must put in some powder of white Sugar-candy : you must doe this thus very ofte.

### *For to take the Agne out of any place where it doth fall.*

**T**ake Succory, a pretty quantity of it, and mingle it with some Boares grease;

and Gentlewomen.

grease, and spread vpon the cloth,  
and warme it against the fire, and lay  
it to the place.

*A Medicine for a greene wound.*

**T**ake a quantity of Venice-turpen-  
tine, and wash it in faire water till  
it be white: then take a plaster there-  
of, and lay it to the wound till it bee  
drawne: then take the yolke of a new-  
laid egge, and adde thereto a small  
quantity of fine wheat flower, and a  
little fresh butter, and mingle them  
together, and lay a plaster thereof  
vnto the wound after it is drawne,  
with the Turpentine.

*Another Medicine to bee taken inwardly  
for a greene wound, to be taken in Ale,  
or Beere: it is likewise good for the  
shutting of a bone broken or cut,  
either for Man or Beaste.*

**T**ake juyce of an herbe called Bon-  
wort, to the quantity of 3. or foure  
spoones

## *A Closet for Ladies*

roste them hard, and take the yolkes of them, and the liuer of a chick, and beat all this together small: then put all this into a pint of Charne-milke: then take halfe an ounce of Cinnamon: beat it small, and put it in the medicine, and then take of it euening and morning fasting, for so it most availeth you: but if your stomacke be weake, then put in some sugar to sweeten it.

### *For the Pin and Web in the eye.*

Take the juyce of Parsly, and halfe as much Honey, and with a feather drop it in the eye; and after it, you must put in some powder of white Sugar-candy: you must doe this thus very often.

### *For to take the Agne out of any place where it doth fall.*

Take Succory, a pretty quantity of it, and mingle it with some Boares grease;

and Gentlewomen.

grease, and spread vpon the cloth,  
and warme it agaist the fire, and lay  
it to the place.

*A Medicine for a greene wound.*

**T**ake a quantity of Venice-turpen-  
tine, and wash it in faire water till  
it be white: then take a plastrer there-  
of, and lay it to the wound till it bee  
drawne: then take the yolke of a new-  
laid ege, and adde thereto a small  
quantity of fine wheat flower, and a  
little fresh butter, and mingle them  
together, and lay a plastrer thereof  
vnto the wound after it is drawne,  
with the Turpentine.

*Another Medicine to bee taken inwardly  
for a greene wound, to be taken in Ale,  
or Beere: it is likewise good for the  
shutting of a bone broken or cut,  
either for Man or Beaste.*

**T**ake juyce of an herbe called Bon-  
wort, to the quantity of 3. or four  
spooone

## *A Closet for Ladies*

spoonfuls or more, according to the stomacke of the party that is hurt: take the same quantity and drinke it either in the milke, or as before is written, three or fourre severall mornings fasting, or oftner if you will, and it will free the party: when the herbe is not to be gotten, then you may vse the root, and it will auaille as much.

If the wound be but little, either this drinke, or the medicine before written, will helpe it: but if it be great, you must vse both together.

### *For to heale wounds and sores.*

TAKE Rosin and Frankincense, of each fourre ounces, of white Wax and Olibinum, of each three ounces; of Harts suet, of Masticke, of each an ounce; Venice turpentine halfe an ounce; white Wine a pint; melt the Rosin, the Frankincense, and the Harts suet together: then straine it in a pan, and put thereto all the white Wax,

and Gentlewomen.

Wax, the Olibinum, and the Mastick made into powder, and the white wine: boyle all together till the wine be consumed: then take it from the fire, and stirre it till it be almost cold: then put in the Turpentine, and make it in a rowle, and keepe it in Parchment or Leather.

*Another.*

Take Calamint, Peniryall, of each a like quantity, Nigella-romana-seed a little bruised, a French crowns weight: boyle all these in posset-drink made of white wine and Ale: a good draught euening and morning you must drinke.

*Medicine for the head-burning that long time hath beeene.*

Take a quantity of the Gaule of a Hare, and as much Hony: mingle it together a good while, till it turne red, and with it anoint the fore-head,

F and

## *A Closet for Ladies*

and all the aking shall be taken away:  
this is a pretious ointment.

*For to set a bone, or heale a broken bone  
in man or beast.*

Take the juyce of Comfrey-roots,  
and wilde Daisie-roots, and boile  
them with Turpentine and yellow  
wax, and make a flat plaister thereof,  
and lay it to the griefe, and set splin-  
ters about it, and rowle it to keepe it  
stiffe once in five dayes, vntill it bee  
whole: you must drinke the juyce of  
the roots nine dayes in some liquor,  
either to man or beast, when you vse  
the plaister.

*For the Piles.*

Take new milke, and thicken it  
with Oat-meale finely fisted tho-  
row a sieue, and let it seeth till you  
make it vp like Suppositaries: then  
take it up, and cut off the outside of a  
Race of Ginger, and grate it, and  
mingle

and Gentlewomen.

mingle it together, and some of it  
make into a plaister, and the rest  
make like Suppositaries, and put  
them vp as you doe Suppositaries:  
then lay a plaister on the place, and  
vse this till you be whole.

*A Medicine for a Rupture in old or young.*

**T**ake Knotwort, Ribwort, and Com-  
frey, of each a like quantity; wash  
them, and dry them, and set them in  
the ouen when the bread is drawne,  
that so they may dry: then beat them  
to powder; then scarce them finely  
thorow a Searce or Sieue; and looke  
what quantity you take of the herbs  
when they be dried, take halfe so  
much Anniseeds, and beat them  
wih the powder of the herbs, and  
scarce them: and thus hauing made  
the powder ready, when you will  
vse it, take as much of the powder  
as you can lay, or take vpon a  
good broad six pence, and four-  
teene mornings together give it

## *A Closet for Ladies*

to the party to drinke with a little Malmsey fasting, and anoint the place first with oyle of Spike mingled with any other thing: and also take such herbs as you make your powder of, and seethe them in faire running water vntill they bee tender, wringing the water out of them, and apply them to the place as hot as the party can suffer it, and let not the trusle be too strait, lest it force the place to rent further. Take the herbs to make the powder within May, when the chiefe strength is in them: the Knot-wort beares a little watchet-flower. This hath beene proued on children so borne, and on old folkes that haue beene foute and twenty yeares broken, and doth helpe allsorts, that with good vsage doe not abuse themselues, through the grace of God.

and Gentlewomen.

*A Medicine to be used during all the time  
of the Plague ; good against  
Infection.*

TAke a pint of white wine vinegar,  
and halfe a pint of Iene Trekle,  
and a quantity of Bole Armoniacke,  
otherwize called Bolles verus, and  
stirre all this together, and take three  
spoonfuls in the morning fasting, and  
fast an houre after it, and take three  
spoonfuls an houre after supper.

*Another Medicine for paine in the head.*

SEE the leaues of Agrimonic with  
Hony, and giue them to drinke,  
and draw it thorow a cloth, and keepe  
it in a box, and therewith anoint your  
head, and wash your head in the wa-  
ter that Celandine is lodden in.

## *A Closet for Ladies*

### *For the breaking of the head.*

**S**ee the Pulioll in Aysill, and then  
Spot it in thy nose. Take Rue and  
Fennell, and seethe them together in  
water, and wash therewith the head.

*For a Felon of the head that swel'eth the  
head of a man: and that before writ-  
ten is for the same.*

**T**ake the grease of an Hart, and Ho-  
ny, and Barly-meale, and Oterrest,  
and Moycell, and stampe them toge-  
ther, and after shawe thy head; then  
make a plaister, and lay it to thy head  
as hot as you may suffer it, and let it  
lie till it be whole.

### *For all Euills of the head.*

**T**ake Rue, and stamp it with strong  
Aysill; mingle it, and wash the  
head therewith.

*For*

and Gentlewomen.

For the Carbuncle or the Postume  
in the head.

Take Wormwood, Origanum, Mayron, by euē portion, and seethe them in sweet wine, and after that wring out the juyce, and lay it to the ears of the sick with two sponges, as hot as he may suffer it; vse this two or three times, and he shall be whole.

For the Megrime, Postume, Dropsic, Feuer, and all manner of aking  
in th. head.

Take a penny-weight of the root of Pelitory of Spaine, six penny-weight of Spicardy, and grinde them together, and seethe them in good Vinegar, and take a Saucerfull of Hony, and fие of Mustard; and when the liquor that is boyled is cold, put thereto the Hony and the mustard, and stirre them well together, and let the sicke vse thereof

F 4 halfe

### *A Closet for Ladies*

halfe a spoonfull at once, and hold it still in his mouth the space of two creeds saying, and then spet it out into a vefiell, and doe so ten or twelve times ; a good while after hee hath eaten at noone, and a little before euenten or twelve times : and when he goes to bed, take and wash cleane his meuth, and drinke a draught, and goe to bed : vse this Medicine three dayes, and he shall be whole.

#### *For the head acke.*

**T**ake and seethe Vertuine and Be-tony, Sisles, & Wormwood : wash the parties head with the water thrice in the weeke, and take the herbs, and make a plaister, and lay it vpon the vpper part of the head on this wise.

**T**ake the herbes aforesaid when they are well sodden, and wring out the juyce of them, and then stamp them in a mortar, and temper them with the water wherewith they were sodden,

and Gentlewomen.

sodden, and put thereto the bran of wheat for to hold the juyce of the herbs, that it goe not out, and make a garland of linnen that may goe about the head, and bind the plaister vnder it as hot as the sicke may suffer it: doe this three times, and he shal be whole.

Another.

**C**loues comfort the stomacke, liuer and heart: they helpe digestion, and stop the bely: they quicke the eye-sight, and scowre away the clouds and hawes of the eyes: they are good against all cold diseases, and they are hot in the third degree. The oyle of cloues is very good for a cold stomacke, and for any other place that hath need of warming, as arhumaticke braine.

Another.

**T**ake of lirrage of lead fourounches; of Vinegar, common Oile, a  
F s like

## *A Closet for Ladies*

like quantity: put the lirrage in a mor-  
tar, and put a little of the vinegar, and  
a little of the oyle, and beat them to-  
gether, and so put in by a little and a  
little all your oyle and vinegar: you  
must beat them two houres together;  
it must be as thick as your green salue.

*Ano:ber.*

**T**ake Camphory, Hearts-ease, Pri-  
uit, Plantane, of each of them a  
handfull; bruise these in a Mortar,  
and put thereto Harts suet, fine Sallet  
oyle, of each dim.li. mingle them well  
together, and let them stand four  
and twenty houres; then put them  
into a pan or brasie pot, and put thereto  
Wax and Rosin broken in small  
peeces, of each dim.lib. let these boyle  
all together ouer a fire of coales, till  
the juyce of the herbs be consumed,  
and the oyntment green; then straine  
it thorow a canuase-cloth into some  
pot that you will keep it in; and when  
it begins to be cold, then put thereto  
four

and Gentlewoman.

four ounces of Venice turpentine  
stirre all together vntill it be  
cold, and keepe it close couered.

Amber.

The Wine of Eye-bright is made  
for the eyes, by putting the herbe  
into the Must till it be perfect Wine;  
whose rse make the eyes of old men  
looke young: for it is hot and drie;  
and the powder of it beaten with the  
yolke of an egge, worketh the same  
effect: the powder received in Wine,  
if the Wine be too strong, put in Pe-  
nelli Water or Sugar.

A Medicine against the stone in the backe,  
or Bladder, or for the worksheets of  
the backe, which is called the  
running of the waters.

Take Venice turpentine, and wash  
it in Rose-water, either red or di-  
maske, vntill it looke white: then di-  
uide it into small balls, as you may  
easly

### *A Cloſet for Ladies*

like quantity: put the litrage in a mor-  
tar, and put a little of the vinegar, and  
a little of the oyle, and beat them to-  
gether, and so put in by a little and a  
little all your oyle and vinegar: you  
must beat them two houres together;  
it must be as thick as your green ſalve.

*Another.*

**T**ake Camphory, Hearts-eafe, Pri-  
uit, Plantane, of each of them a  
handfull; bruise these in a Mortar,  
and put thereto Harts ſuet, fine Sallet  
oyle, of each dim. li. mingle them well  
together, and let them ſtand fourre  
and twenty houres; then put them  
into a pan or brasie pot, and put thereto  
Wax and Rosin broken in ſmall  
peeces, of each dim. lib. let these boyle  
all together ouer a fire of coales, till  
the juyce of the herbs be conſumed,  
and the oynement green; then ſtraine  
it thorow a canuſe-cloth into ſome  
vessel that you will keep it in; and when  
it is cold, then put thereto  
fourre

and Gentlewomen.

four ounces of Venice turpentine; stirre all together vntill it be thorow cold, and keepe it close couered.

*Another.*

THE Wine of Eye-bright is made for the eyes, by putting the herbs into the Must till it be perfect Wine; whose use make the eyes of old men looke young: for it is hot and drie; and the powder of it beaten with the yolke of an egge, worketh the same effect: the powder received in Wine, if the Wine be too strong, put in Fennel-water or Sugar.

*A Medicine against the stone in the backe, or bladder, or for the weaknesse of the backe, which is called the running of the reines.*

TAKE Venice turpentine, and wash it in Rose-water, either red or damask, vntill it looke white: then divide it into small balls, as you may easily

## *A Closet for Ladies*

easily swallow to the full quantity of three haseh-nuts or thereabout: then roule them in sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast foure houres after them: take these three or four seuerall mornings together, and in your water you shall finde much grauell.

### *To take away the pock-holes, or any spot in the face.*

TAKE white Rose-water, and wet a fine cloth therein, and set it all night to freeze, and then lay it vpon your face till it bee drie: also take three poppies, the reddest you can get, and quarter them, taking out the garbage: then still them in a quart of new milke of a red cow, and with the water thereof wash your face.

To

and Genslewoman.

To make Snow.

Take the whites of five or six egges, a handfull of fine Sugar, and as much Rose-water, and put them in a poule of creame of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a sticke clouen in four: then must you take a loafe of bread, and cut away the crust, and set it vpright in a platter: then set a faire Rosemary-branch in the loafe, and cast your Snow upon it with a spoone.

A Medicine for the piles.

Take the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stalke, the leaues look hoare. Take the juyce and boyle it with fresh butter a little while, and keepe it close, and vse it

*A Closset for Ladie*

easly swallow to the full quantity  
three hasell-sugars or thereaboutes  
roule them in sugar, to make them  
the more easie to bee taken: then  
swallow them in the morning fasting  
and fast foure houres after them: take  
these three or foure several morning  
together, and in your night yarde  
 finde much grauell.

*To take away the pockes, or any  
foure infi*

Take white Rose-water, and wets  
fine clothe therein, and let it all  
night to freeze, and then lay it upon  
your face till it bee dry: also take  
three poppies, the widdes you can  
get, and quarter them, taking out the  
garbage: then stille them in a quart of  
new milke of a red cow, and with the  
water thereof wash your face.

and Gentlewomen.

*To make Snow.*

Take the whites of five or six egges, a handfull of fine Sugar, and as much Rose-water, and put them in a pottle of creame of the thickest you can get: beat them all together: as the Snow riseth take it off with a spoone: you must beat it with a sticke clouen in four: then must you take a loafe of bread, and cut away the crust, and set it vpright in a platter: then set a faire Rosemary-branch in the loafe, and cast your Snow upon it with a spoone.

*A Medicine for the piles.*

Take the herbe called Torch-wort: it groweth high, bearing a yellow flower, blowing out of the stakke, the leaues look hoare. Take the juyce and boyle it with fresh butter a little while, and keepe it close, and vse it

### *A Closet for Ladies*

it euening and morning: if a Cowes  
vdder be stung or bit with a Snake or  
such like, take Lauender, and wash it  
cleane, and seethe it in chamber-lie a  
good while, and wash it euening and  
morning warme: you may put a lit-  
tle fresh butter in it, and milke out  
the milke when you doe it.

### *A Medicin for a Cold, or a BURNE, or a Sore, approued.*

TAKE Watersuck leaues, otherwise  
called Hogwort leaues, Ally-house,  
Daisie roots, leaues and all, and a lit-  
tle Rosemary; wash them, stamp them,  
and boyle them in creame till it is but-  
ter: then straine them, and apply it  
warめ to the burne; pricke the Wa-  
ter-suck leaues, and lay them vpon it,  
dressing it twice a day, or three times,  
if need be. To heale a sore put Tur-  
pentine, Rosin, and Wax in it, dres-  
sing it with Lint.

For

and Gentlewomen.

For the Stiches.

Take Stich-wort, Bay-leaves, Holly without prickles, of each alike quantity, the joyce, grainea beaten: drink it in Ale warme.

For the swelling.

Take the grounds of good Ale, Glouers shreds, and white-bread crummes, and Sage: boyle them, lay it to warme: it will frange the swelling and the ache: it hath bene proued.

For the Tooth-ache.

Take Organy that groweth close to the ground, and taileth like Aquae vitæ: bruise it, lay it to the tooth. Buria pastoris will doe the like.

*A Closets for Ladies*

in evening and morning: if a Cō-  
velder be stung or bit with a Sātice or  
such like, take Lavender, and wafpe  
cleane, and ſeethe it in chamber-R̄e  
good while, and waf it evening and  
morning warme: you may put a lit-  
tle fresh butter in it, and take out  
the ſaltice when you doe it.

*A Medicine for a Cōl, or ſore, or  
Sore, applied.*

**T**ake Waterfacci leaves, otherwise  
called Hogwart leaves, Aly-bane,  
Daiſie roots, leaves and all, and a li-  
tle Rosemary; wash them ſharpeth,  
and boyle them in creamall or but-  
ter: then ſtraine them, and apply it  
one to the burne; prick the Wa-  
terfacci leaves, and lay them upon it,  
twice a day, or threecime,  
be. To heale a ſore poe Tis-  
ſaine, Robin, and Waxing, draf-  
ing it with Liner.

and Gentlewomen.

*For the Stitches.*

TAKE Stitch-wort, Bay-leaves, Hol-  
ly without prickles, of each alike  
quantity, the juyce, graines beaten :  
drinke it in Ale warme.

*For the swelling.*

TAKE the grounds of good Ale,  
Glouers shreds, and white-bread  
crummes, and Sage: boyle them, lay  
it to warme : it will swage the swel-  
ling and the ache : it hath beene pro-  
ued.

*For the Teeth-ache.*

TAKE Organy that groweth close to  
the ground, and tasteth like A-  
qua vitæ : bruise it, lay it to the tooth;  
Bursa pastoris will doe the like.

*For*

## *A Closet for Ladies*

*For a Bite; or Fible, or sore legge.*

SEEthe a pint of Ale to two spoon-fuls, like a sirup : pricke a peece of leather with a pinne : it will heale it without breaking : if it bee brokenn, take liant to the hole with some salve : let it lye fourre and twenty houres : lay it to cold.

*For the Scratches of a horse legge.*

TAKE Vinegar, Mustard-seed, Gun-powder, boyle them : wash it hot three or fourre times ; proued.

*For the Gowt.*

TAKE Mallowes and Sengren : beat them, and boyle them in water : then straine them, put Oat-meale-groats sooked in vinegar, and sheeps suet vntried : then boyle it to a poultis ; proued.

*For*

and Gentlemen.

For the Ague.

Take a red Onion cut small, six and  
fifty graine of Pepper beaten  
small: binde it to the wrist halfe an  
hour before the fit; proued.

For the Gout.

Take a fat Whelpe of a Hound:  
scald him like a Pig: garbage him  
in the side: then take red Nettles  
stamped with two ounces of Brim-  
stone, four ounces of Turpentine,  
four yolkes of egges: stuffe the bel-  
ly, and sew it vp: roste it with a soft  
fire: sauе the dripping: annoiſt the  
place: it is good for ſinnewes and  
crampe: it will drive it away: for the  
like effect, Oyle, Nettles, White-  
wine, boyle them, apply them hot.

For the Sciatica.

Take the gall of a Bull, a quart of  
wort: boyle it to a pint: then put

## A Closet for Ladies

### For a Blise, or Fblm, or sore legge.

Seethe a pint of Ale to two spoonfuls, like a sirup: pricke a peice of leather with a pinne: it will heale it without breaking: if it bee broken, take linc to the hole with some salve: let it lye four and twenty houres: lay it to cold.

### For the Scratches of a horselassege.

Ake Vinegar, Mustard-seed, Gunpowder, boyl them: wash it hot three or four times; poured.

### For the Gout.

Take Mallowes and Sengren: beat them, and boyl them in water: then staine them, put Oat-meale-groats sooked in vinegar, and sheeps suet vatrice: then boyle it to a poultis; poured.

For

and Gentlewomen.

*For the Ague.*

Take a red Onyon cut small, six and fifty graines of Pepper beaten small: binde it to the wrist halfe an houre before the fit; proued.

*For the Gowt.*

Take a yot Whelpe of a Hound: scald him like a Pig: garbage him in the side: then take red Nettles stamped with two ounces of Brimstone, four ounces of Turpentine, four yolkes of egges: flusse the belly, and sew it vp: ioste it with a soft fire: sauе the dripping: annoiſt the place: it is good for ſinewes and crampes: it will drive it away: for the like effect, Oyle, Nettles, White-wine, boyle them, apply them hot.

*For the Sciatica.*

Take the gall of a Bull, a quart of wort: boyle it to a pint: then put in

## *A Closet for Ladies*

in a pint of Vinegar, frankincense, one ounce in powder, of Honey halfe a pound, of Coramine halfe a pound in powder: boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serve many times; proued.

### *For the Tooth-ache.*

**A** Elom as big as a Walnur, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentie fourre hours or more.

### *For to stop the bleeding of a wond.*

**T**He wooll of an ink-horne, Sanguis draconis, and Bellarmonick, and the whites of egges laid on too.

For

and Gentlewoman.

For a Consumption either for old folks,  
young folks, or children.

TAke Long-wort, Liverwort, H-  
tongue, of each a handfull,  
Mints, red Sage, Mother of Time,  
each a handfull, Parsley and Fennell  
roots, the piths out of each, halfe a  
handfull, Liquorice an ounce, Anni-  
seeds an ounce, Sceeny two ounces,  
Turber an ounce, Capdates two oun-  
ces, Cynamon an ounce, Nutmegs  
two ounces, white Sugarcandy four  
ounces, Rubarb an ounce sliced:  
stampe your splices, and your seeds,  
and beat your other Apothecary-  
stiffe, and shred your herbs fine:  
boyle it in three quarts of Rennish-  
wine to a poule; straine it; drinke  
fourc times a day a quarter of a pint at  
a draught warme; put in a peniworth  
of Aqua vitæ, and as much Saffron  
beaten fine: after it is boyled, if the  
Patient bee Laxatiue, leane out your  
Rubarb, Sceeny, and Turber, and  
boyle

### *A Closet for Ladies*

in a pint of Vinegar, frankincense, one ounce in powder, of Honey halfe a pound, of Commine halfe a pound in powder: boyle it thicke: spread it on leather, lay it to hot two or three dayes: lay a linnen cloth betweene the skin and the plaister; the plaister will serve many tyme; proued.

### *For the Teeth a he.*

**A** llom as big as a Walnut, Garlick an handfull, twenty Beanes, an handfull of Bay-salt, Pepper; beat it together: lay it to the wrists twentic fourch houres or more.

### *For to stop the bleeding of a woknd.*

**T**He wooll of an ink-horne, Sanguis draconis, and Bellarmonick, and the whites of egges laid on too.

For

and Gentlewomen.

For a Consump'ion either for oldfolks,  
youngfolks, or children.

Take Long-wort, Liverwort, Harts-tongue, of each a handfull, red Mints, red Sage, Mother of Time, of each a handfull, Parsley and Fennell-roots, the piths out of each, halfe a handfull, Liquorice an ounce, Anni-seeds an ounce, Sceeny two ounces, Turbet an ounce, Capdates two ounces, Cinamon an ounce, Nutmegs two ounces, white Sugarcandy fourc ounces, Rubarb an ounce sliced: stampe your splices, and your seeds, and beat your other Apothecary-stusse, and shred your herbs fine: boyle it in three quarts of Rennish-wine to a porrle; straine it; drinke fourt times a day a quarter of a pint at a draught warme; put in a peniworth of Aqua vitæ, and as much Saffron beaten fine: after it is boyled, if the Patient bee laxatiue, leaue out your Rubarb, Sceeny, and Turbet, and boyle

## *A Closet for Ladies*

boyle it in wort ; it is best in wort for children : for aged folks that be weak, boyle in the stone of a Boar, or a Ram, or a horse is best : one stoney is enough for one time : you may take one to purge, and another not to purge : the second receipt is enough ; pu ge fist.

### *To make one make water.*

Take the stones and kernels of Peaches and Medlers : beat them fine ; fist them thorow a searce ; put in Sugar, drinke it in white-wine.

### *To make a Scarce-clo:b.*

Take a pound of Stone-pitch, as much Rosin as a great Walnut, & twice as much clean Wax, a spoonfull offresh swines grease ; boyle all together till it be well mixt ; then coole it in water ; then oyle your hands with Hogges grease, and labour it in your hand an houre and more, till it will cleave to your hands.

Fer

and Gentlewomen.

For the same, and the best for all manner of aches.

**T**ake Rosin dim. li. of Perroson a quarter of a pound, as much Gum mastick, a quarter of a pound of Deer suet, two ounces of Turpentine, one ounce of Cloues and Mace, of Saffron two ounces, the liquor must be Oyle of Roses.

*A soueraigne Medicine for a great ache.*

**T**ake Sparmacity eight peniworth, of Oyle two d. of black Sope halfe a pound, of butter without Salt as much as a great Walnut; boyle it on a chafingdish of coals halfe an hour, stirring it well from the bottome: spread it on leather, as broad and as long as your griefe; lay it to fourte or fve dayes.

## *A Closet for Ladies*

*To make a good Oyntment or Salve  
for any sore.*

**T**ake a good handfull of Sage, as  
much of Plantane, as much of  
Brown-wort, as much of Hony-suc-  
kles, as much of Tursame, as much  
Velerion: boyle all these in May-  
butter till it be browne: then straine  
it, and put in a quantity of Virgin-  
wax: then boyle it againe.

*A good Receipt for all manner of sores, old  
or new, named, The gift of God,  
praise be to him*

**T**ake Betony, Veruin, Pimpernel,  
Bugle, Smallage, Plantane, Sca-  
beas-water, Agrimony, of each a like;  
stampe them together; boyle them  
together in a gallon of white-wine  
to the third part; then straine them,  
and put to them a quantity of sheeps  
suer, and halfe a pound of Wax,  
dim. lib. of Rosin, dim.lib. of pitch,  
one

*and Gentlewomen.*

one lib. of Olibinum, and boyle it a-gaine.

*For Bags in the Fundament.*

**T**ake the yolke of an hard egge roasted, the oile of Roses, and Marigold-leaues: beat it together, lay it to hot.

*To kill a Tetter.*

**T**ake greene broome: boyle it in a quart of running water halfe away: bathe it with it.

*For the Pestilence.*

**T**ake the water of Beteray, and Pimpernell, Turmentill, or Sca-beas; mix it together, drinke it nine dayes fasting, and feare no Pestilence.

*For*

## *A Closet for Ladies*

*For one that is taken within the body, or any place.*

**T**AKE Rose-cakes, Aqua-vitæ, and Rose water; heat it on a chafing-dish of coales; lay it to the stomach; they shall mend by Gods grace.

*For the Ague or Cold.*

**T**AKE greene Alderstickes; take the inner rinde, a handfull; beat them, drinke it in Ale fasting; fast three houres, walking after it; then eat a Caudell.

*Another for the Ague.*

**T**AKE a spoonfull of juice of Oren-  
ges, as much Aqua. vite, mingle it  
with a yolke of a new laid ege in the  
shell, sup it vp fasting once or twice.

*K. Henry the eight his perfume.*

**T**AKE six spoonfulls of compound  
water, as much of Rose-water, a  
quarter

and Gentlewomen.

quarter of an ounce of fine Sugar, two graines of Muske, two graines of Amber-greece, two of Ciuet: boyle it softly together: all the house will smell of Cloves.

*For the Strangurion.*

TAke Hore-hound one handfull and a halfe, red wine halfe a pint, oyle-olive five spoonfuls: boyle it together, put it in a linnen cloth to the small of the backe, as hot as may be.

*To cleane a wound.*

TAke Beere, Wheat, Stone-flower, Sand Hony: boyle it thicke: apply it to.

*For the Gowt.*

TAke Worme-wood, Wall-mort, Wheaten bran, Cow-dung, and salt; boyle it in vinegar: plaster it to the grise.

*For a Bruise.*

TAke halfe a pint of Sallet-oyle, as much oyle of Roses, as much Aqua-vitz,

## *A Closet for Ladies*

vitæ, and three or foure score Snailes  
that beare shels : stampe them small,  
and boyle them to oyle.

*To keepe one laxatine.*

**T**ake a new-laid-egge : put out the  
white, then put in new butter vn-  
salted ; heat it, then eat it, vse it often.

*Two remedies very good against Wormes  
in little children.*

**T**ake flowre of Wheat well boulted,  
as much as will lye vpon three  
crownes of gold ; put it in a glasse,  
and powre into it Wel-water, so much  
as will steepe the said flowre, and no  
thinner : then giue the childe drinke  
of it, and you shall see with his excre-  
ments the wormes come forth dead,  
which is a very good remedy.

*The*

and Gentlewomen.

*The second remedie against Wormes.*

For children that be so little, that the medicine cannot be ministred at the mouth, you must take very good Aqua vitæ, wherewith you must wash or wet the stomacke or brest of the childe: then powre it upon the said place with the powder of fine myrrh, and lay the childe downe a little while with his brest vpward, and you shall see incontinently the Wormes, with the childes dung, come forth dead.

*To heale children of the Lunaticke disease, which happeneth unto them by reason of a worme with two heads, that breedeth in their bodies: the which worme, comming to the heart, causeth such a passion in the childe, that oft times it kils them.*

Take the tender stalkes of a Wilding tree, & dry them in the shadow:

## *A Closet for Ladies*

vitæ, and three or foure score Snæ  
that beare shels : stampe them ſo  
and boyle them to oyle.

*To keepe one laxatine.*

**T**ake a new-laid-egge : put out  
white, then put in new butter  
ſalted ; heat it, then eat it, vſe it oft.

*Two remedies very good againſt Wormes  
in little children.*

**T**ake flowre of Wheat well bouled  
as much as will lye vpon th  
crownes of gold ; put it in a glaſe  
and powre into it Wel-water, ſo mo  
as will ſteepe the ſaid flowre,  
make it looke as it were milke, and  
thinner : then giue the childe dr  
of it, and you ſhall ſee with his ex  
ments the wormes come forth dead  
which is a very good remedy.

and Gentlewomen.

hing and euening eight dayes, abstai-  
ning from wine, carnall company of  
women, from all Pulse, Beans, Pease,  
Fitches, Tares, and such other, from  
Sallets, Salt-fish, and from all other  
things that are hard of concoction  
and digestion; a very good and nota-  
ble secret.

*A Medicine to cure the biting of all  
venomous beasts.*

**A**S soone as the party seeketh  
himselfe bitten with any veno-  
mous beast, or as soone after as may  
be, take greene leaves of a Fig-tree  
and presse the milke of them three or  
soule times into the wound: and for  
this, serueth also Mustard seed mi-  
gled with Vinegar.

*To draw an Arrow-head or other iron  
out of a wound.*

**T**ake the juice of Valerian, in the  
which weare a tent, and put into the  
G 3 wound

### *A Closes for Ladies*

dow: then stampe them well, and fist them, and take of the said powder and roots of Gention, and of long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of myrrhe: all these well beaten to powder, you must put in a dish, or some other vessel, and moist them with a little water: then take of it with your two fingers, and wet the lips and mouth of the childe: doe this three or four times, and you shall see the worme come forth dead with the excrements.

### *A remedy for the Falting-sicknesse.*

TAKE Germannder gathered in May, when it is in the blissome: dry it in the shadow, and make it in powder, and when you will use it, take the y lke of an egge or two, and stir and breake it with a spoonfull of the said powder: then leethe it, and giue it to the Patient to eat: doe this morning

and Gentlewomen.

ning and euening eight dayes, abstaining from wine, carnall company of women, from all Pulse, Beans, i' Pease, Fletches, Tares, and such other, from Sallets, Salt-fish, and from all other things that are hard of concoction and digestion, a very good and notable secret.

*A Medicine to cure the biting of all venomous beasts.*

**A**S soone as the party feeleth himselfe bitten with any venomous beast, or as soone after as may be, take greene leaues of a Fig-tree, and presse the milke of them three or souue times into the wound: and for this, serueth also Mustard seed mingled with Vinegar.

*To draw an Arrow: bead or other iron out of a wound.*

**T**ake the juice of Valerian, in the which wet a tent, and put into the wound

## A Closet for Ladies

wound, laying the said herbe vpon it stamped : then make your binder as best fitteth, and by this meanes you shall draw forth the iron, and after heale the wound.

*For a knocke or fall, causing a bunch  
upon the head.*

**T**ake an ounce of Bay-salt, raw Honey three ounces, Comin three ounces, Turpentine two ounces: mingle all these well vpon the fire : then spread it vpon a linnen cloth, and make thereof a plaister, and lay it hot to his head : the which will asswage the swelling, and heale the burt.

*A secret remedie against the Plurise.*

**O**pen a white loafe new baked, in the middle, and spread it well with good Treacle on both parts, vpon the crummie sides, and heat it at the fire : then lay one part vpon the place of the disease, and the other part

and Gentlewomen.

part on the other side of his body directly, and so binde them that they stirre not, leauing them so a day and a night, or vntill the impostume breake, and then take away the bread, and immediatly the Patient will spit forth the putrifaction of the impostume ; and when he hath slept a little let him eat, and by Gods helpe he shall shortly be well.

*A very good remedy for a wound with a sword, flasse, bluse, or such like.*

**T**AKE *Taxus Barbarus*, stampe it, and take the juice of it ; and if the wound bleed, wipe it and make it cleane, washing it with White wine or water ; then put the juice vpon the wound, and the herbs vpon it, out of the which you tooke the juyce : then binde vp the wound, and in one day you shall see a wonderfull effect.

## A Closet for Ladies

Against the disease or grise of the Flank,  
and the C. shake-passion, exper-  
imented and proved di-  
SESSES.

**T**ake halfe a glasse or lete of the  
juice of Barbaries when they bee  
very ripe and red, and put into it as  
much red Corall as will lie vpon two  
groats, well broken into powder, and  
glue the Patient to drinke thereof.

Another perfect remedie for the same dis-  
ease, and to make a min piss, with n beff  
an boare, that bebb not made water  
in three or four edies, and  
will b. eake the bone  
within ten or twelve  
dies.

**T**ake fine powder of Virga aurea,  
and put a spoonfull of it into a new  
laid egge soft rosted, and glue the Pa-  
tient thereto in the morning to his  
breakfast, and let him not eat in four  
houres

and Gentlewomen.

houres after, and then he shall make water in lesse than halfe an houre, and let hymse this for the space of ten or twelue dayes as aforesaid: the Patient shall void the stone without any paine or griefe.

*A remedy for spetting of bloud, occasioned by the breach of some veine in the brist.*

TAke Mice dung beaten in powder, as much as will lie vpon a groat, and put it into halfe a glassfull of myce of Plantane with a little Sugar, and so give the Patient to drinke therof in the morning and euening: continuing the same he shall be sound.

*Against the griefe of the Lungs, and speting of bloud, a remedy experimeted and tried.*

TAke an herbe called Farsara, or Tussiligo at the Apothecaries, Vngula Caballina, in English called G 5      Colts.

## *A Closet for Ladies*

Colts foot ; in French ; *Pat de lion* : incorporate it well with the lard of a hog chopped, and a new laid-egge : boyle all together in a pan, and giue the Patient of it to eat nine mornings. This is also good to make one fat.

### *Against a flinking breas.*

TAke Rosemary leaues with the blossomes, if you can get them, and seethe them in White-wine with a little myrrhe and Cynamon, and you shall finde a maruellous effect, if you vse it often in your mouth.

*Against the biting of a mad dogge, and the rage of madnesse that followes the party bitten.*

TAke the blossomes or flowers of wilde thistles, dyed in the shade, and beaten into powder, halfe a nutshellfull ; put into White wine, and drinke it, and in thrice taking it you shall

and Gentlewomen.

shall be whole. A thing tried and ex-  
perimented.

*A Medicine for watry eyes.*

Take a red cole-leaf, and anoint  
the leaf with the white of an  
egge: when you goe to bed lay the  
same to your eyes.

*A Medicine for sore eyes.*

Take a little ground Iuy, and straine  
it and womans milke together, and  
let it be somewhat greene of the Iuy,  
and then drop a drop or two into the  
eyes.

*Another for the same.*

Take Feanell-water stilled, and hirue  
Hony: mingle them together, and  
put a drop or two into the eye. These  
are approued.

To

## A Closets for Ladies

To make water for the eyas to kill the  
heat of an infirme.

Take red Sage, and boyle it in  
Smiths water till the third part  
be conuerted: then straine out the  
Sage very nitid, and put into it a  
quantity of the liquor, a peniworth  
of Alaine, and as much of white  
Coperas; after you haue taken it  
from the fire, and anoint your eyes  
therewirth.

Another for the same.

Take the leaues of red Brambles, of  
Plantane, and Hony-Suckles, boile  
them all in running water from a  
quart to a pint, and use it to the same.

A Medicine for the Pin and Web  
in the eye.

Take the white of an egge being  
hot; take out the yolke cleane, and  
put

and Gentlewomen.

put thereto a good quantity of Sugar-candy : then straine it hard thorow a cloth, and therewith make a wa-  
ter, and euery day two or three times drop it into the eyes.

*A Medicine to cleare the sight.*

**T**ake Red-role-water, cleane myrrh as much as a nut : break it into powder, and binde it in a linnen cloth, and let it lie in the water tw. & three hours : then take of this water, and put it in your eyes, and it will cleare your sight.

*For a pearle in the eye.*

**T**ake red Fennell, and the leaues and roots of white Daifes : vse them without any liquour, and put together three spoonfuls of either of them : then take one good spoonfull of clarified Hony, and two or three spoonfuls of womans milke, and drop this into your eye three or four times

## *A Closet for Ladies*

times a day: and if there be any sight  
in the eye, this will cure it.

*For eyes that are blasted.*

**T**ake a toste made of Brown bread,  
and lay it in red wine that is not  
mingled, and let it lye vntill it be so-  
ked halfe an houre; then put it in-  
to a fine cloth in two pecces, for  
each eye one: the fine cloth must  
be betweene the eye and the toste.  
Dresse it when you goe to bed at  
night.

*To purge the head and eye-sight.*

**T**ake the juyce of Hey-hoo, and  
put it into your nostrills, and the  
fleame and running water will fol-  
low.

*For yes that be red and sore.*

**T**ake Fennell, Veruin, Roses, Sa-  
lendine, and Rue, of each two  
ounces,

and Gentlewomen.

ounces, and distill all together: and when need is, then put a drop or two into the sore eye: for it is good for all manner of diseases in the eye.

*Against the paine of the eyes.*

**T**ake the yolke of an egge roasted hard, and laid to with Rose-oyle and Saffron: put in the juyce of Basil.

*For to see well.*

**T**ake Eye-bright, red Fennell, of each halfe a handfull: of Rue one quarter of an handfull: cause these to be distilled, and wash your eyes dayly with the water.

*For the aking in the legge.*

**T**ake a peece of sowre leauen, and as much Barme, and as much blacke Sope: temper them all together, and so spread it vpon a linnen cloth,

### *A Closet for Ladies*

cloth, and put it to your legge where the heat is, and change it twice a day, and by Gods helpe it will heale you in three or fourte drafplings.

### *A Diet drinke for a Consumption.*

**T**ake a gallon of running water measured by Ale-measure, and put thereto an ounce of Cinamion, an ounce of Cloutes, an ounce of Mace, a dram and a halfe of Aster roots, and boyle it till it come to three quarts: let this be your onely drinke till you doe amend.

### *A Medicine for the head-ache.*

**T**ake a handfull of Rosemary, two handfulls of Betony, and a spoonfull of Hony: and seethe them all in Malachisie, and wash your head therewith.

*Another*

and Gentlewomen.

*Another for the head-ache.*

TAke ffe Nutmeggs : grate them,  
and seethe them in Malmesie till  
they be thicke : make a plaister there-  
of, and lay it to your temples.

*For wind and shistings in  
in your head.*

TAke Egremonie and Cinnamon :  
bray them, put them in Ale, and  
lay it to the temples of the head ; and  
if the paine remoue, lay it where the  
paine remoueth.

*Another for the head-ache.*

TAke a handfull of Camomile, a  
handfull of Peniiall, a handfull  
of Sage, a handfull of Wheat-bran :  
chop them all together small ; boyle  
them in a pint of sharpe Vinegar till  
they be thicke, and thereof make a  
plaister, and lay it to the temples of

### *A Closet for Ladies*

the head as hot as you may suffer it, &  
it shall (by Gods helpe) doe you good.

*Another for the same.*

TAKE a peece of raw beefe, and lay  
it on the nape of your necke, and  
shifte it euery night when you goe to  
bed: vse this as often as you see good;  
proued.

*Another for the same.*

TAKE an ounce of Oyle of Roses,  
<sup>two ounces of white vinegar, four</sup>  
ounces of Plantane-water: mix these  
together, and wet a linnen cloth in it,  
and lay it to the temples.

*A Medicine for the Megrime in the head.*

TAKE Housleek and garden-worms,  
the greater part being Housleek:  
stampe them together, and put there-  
to fine flower, and make a plaster on  
a fine cloth, and lay it to the fore-  
head and temples.

*Another*

and Gentlewomen.

*Another for the same.*

TAKE Mustard-seed, and temper it with Vinegar: make an oyntment thereof, and lay it to the Temples in a plaister, and another in the nape of the necke behinde where it is not sore, and it will auoid and shortly be whole.

*A Medicine to keepe vp the pallat  
of ones mouth.*

TAKE a peece of wheaten leauen, and Commine seed beaten in a mortar, a quantity of Bay-salt, and Red-rose-vinegar, and Red-rose-water: put them into a bag of cloth, and lay it to the mould of the head.

*To dry vp Rhume in the head.*

TAKE a quātity of dried rose-leaues, the flower of Camomile, Basil, Mar-

### *A Closet for Ladies*

Marjoram, all dried; a quantity of  
Cloves and Mace, greate bruised; a  
Nutmeg, and a quantity of Dill seed,  
all quilt in a cap.

A Poultis to soote any place, either  
face, or anywhere else, that  
is red and full of bo  
pimples.

Take Houslecke, Mallowes, Rose-  
bine, Water roses, called Numinis:  
beat all these, and take the juice of  
them, and put a little oyle of Rose  
to them, and wash the place with it,  
or stamp the herbs till they be thick  
like pap: then seethe it with a little  
Rose oyle and Wax, and then you  
may lay it on as a plaster.

Against red pimples of the face.

Take an ounce of Camphire, as  
much brimstone beaten; myrthe,  
Frankincense, of each four drams,  
of Rose-water a pound; put all these  
in

and Gentlewomen.

in a glasse, and set it in the Sunne ten  
dayes, and then lay it on the places.

Another.

Take the distilled water of Ash-  
tree, Tamaredis oft eaten, Wine  
of Strawberries laid vpon the face.

Another.

Take the distilled water of Mulline  
and a little Camphire mixed to-  
gether, and laid to the face.

A Medicine for them that are deaf, so  
that they bane beard before.

Take the joyce of Britaine, womans  
milke that hath a man childe; min-  
gle them togher, and dip a peece of  
blacke wooll in it, and put a peece of  
it into your eare, for the space of  
ten or elenen dayes or more: if it  
happen that this will not take away  
the deafenesse, then take the milke of

### *A Closet for Ladies*

a Cow, and seethe it with Oat-meale  
and juyce of Bettony, and lay it plai-  
ster-wise ouer the cares, night and  
day for a long time.

*To make an ointment for a red face.*

**T**ake halfe an ounce of Camphire,  
two drams of Sulpher-vinum, and  
an ounce of Deeres suet; melt the suet  
and the Camphire together, then put  
in the Brimstone, fine ground in a  
mortar, when the other is almost cold,  
and set them no more ouer the fire  
after the Brimstone is put in. These  
being laid on all night, will take away  
the heat and the pimples.

*Another for the same.*

**T**ake as much Mercury sublimate  
as a Beane, and twice as much Al-  
lome, and put them in a quart of faire  
water, and boyle them together with  
two or three cornes of Bay-salt, and  
bathe your face therewith often in a  
day

and Gentlewomen.

day with the same cold, and open the pimpls with your fingers before you wash.

*For a sore mouth.*

**T**ake a quart of white wine, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two peniworth of Mercury, halfe an ounce of Roch-Alome, a quantity of Rosemary, a greater quantity of Woodbine-leaues, and three spoonfuls of Hony: seethe them together, and wash your mouth therewith.

*A water for a Canker and sore mouth.*

**T**ake Rosemary-croppes, Sage, Singfield, Woodbine-leaues, Alome, liue Hony, or pure Hony boyled in Spring-water, halfe a handfull of each of the foresaid herbs boyled in three pints of water, till they haue boyled a third part away, and keepe it in a glasse stopped, and

*A Closer for Ladys*

and wash your mouth with it.

*For a Canker and soorneesse in  
the mouth.*

**T**ake two ounces of fine Coperas beaten to powder, halfe a pint of faire water, and let the same Coperas be distilled or steeped two dayes and two nightes; then straine the same sof ly thorow a linnen cloth; then take a spoonfull thereof, and wash your mouth and th: oat with it softly, bloud-warme; but drinke none of it. This med. will not continue good aboue fourteen dayes; therefore you must make it fresh as occasion serues: you must take it morning and euening.

*A Medicine for the Mother that riseth in  
a womans tde.*

**T**ake Aquz-composita, and beat Bay-beiries in powder, and put it into the Aquz-composita, and put a spoone

and Gentlewomen.

spoonfull or two in a draught of beere  
or Ale, and so drinke it.

*A Medicine for the pricking of a needle  
or thorne in the joyns.*

TAke faire boulted flower of whear,  
and temper it with white o. red  
Wine, a little Oyle-olive, and a few  
Rose-leaues : seethe them together  
till it be plaister-thicke, and lay it to  
as hot as you can suffer ; it will draw  
forth the needle, and ease the ache.

*A Medicine for a Canker that eateth  
mans flesh.*

TAke Wheat-bran of the smallest  
powder, the juyce of Smailage, the  
juyce of Woodbine, burnt Allome  
beat into powder, and a little hony ;  
mingle all these together, and make  
a plaister of it, and lay it to the sore,  
and it shall destroy the Canker.

H

For

## A Closet for Ladies

### For a Blise.

Take Virgin way, and Commine-  
seed well beaten : mix them to-  
gether, and lay it to the sore plaister-  
wife.

### For a white Scall.

Take Sallet-oyle beaten with the  
whites of egges till they be the-  
rowly wrought together : cut away  
the haire, and so anoint the head, and  
lay a bladder vpon it.

### A Medicine against all Stitches.

Take Linsseed, and boy'e it in new  
milke : make a plaister thereof,  
and lay it to the grieved place.

### A Medicine for a sore brest.

Take Groundsill, and chop it small,  
the grounds of small Beere, whea-  
tes

and Gentlewomen.

ten bran, and sheepe's saet beaten  
in a mortar: boyle them all toge-  
ther, and lay it plaister-wise to your  
brest.

*A Medicine for swelled brests.*

TAke white wine, wheat-bran new  
bolted, Rose-leaues old and new:  
seethe them till they be thicke: then  
lay it to the brest as hot as shee may  
suffer it, from euening to morning, and  
shift it againe.

*To breake the steame of the brest.*

TAke butter without salt, and honny,  
of each a quantity, faire bitter Al-  
monds: blanch them, and beat them  
fie and eat a little euery day.

*A very good Medicine for any ache or  
sore brest, often approved.*

TAke Frankincense, fine wrought  
Wax, Boares grease, and Rosin,

## *A Closet for Ladies*

of each of them a like quantity, and  
seiche them together to a cake; spread  
it on a cloth as broad as the sore or  
paine is, and lay it to foure and twenty  
houres, or twelue at the least.

### *An approued Medicine for a sore brest.*

**T**ake a handfull of Mallowes: seethe  
them very soft in faire water, and  
then let the water runne away from  
the Mallowes: then chop or shread  
them: then put them in a dish w-th  
Boares grease, and heat them very  
hot, and lay on a plaister of linnen  
cloth to your brest, as hot as you can  
suffer, three or foure times a day heat-  
ing it: this hath beene approued ve-  
ry good.

### *A remedie for the paines of the brest.*

**T**ake Hysope, Paisley, and Sage,  
stampe them together, and lay  
them to the brest, and it will be whole.

*Another*

and Gentlewomen.

*Another for the stopping of the breef.*

**T**ake Rue, and seethe it with All-gant, and drinke it three or four times.

*A medicine for the bloody Flux.*

**T**ake as much fine linnen cloth as will make a Suppositary, being wrapped together button wise: then wet the same in the best Aqua vitez, or Aqua composita, and let the party grieved conuey the same into his fundament, and it will helpe him by the grace of God, within three or four dressinges: this is approved, and hath holpen many that haue been brought low, and thought past cure.

*Doctor Smiths Medicine for the Colicke and Stone.*

**T**ake Posset-Ale made of Rhennish wine: boyle Camomile, running Time, Parsly, Pellitory of the wall,

H 3 with

### *A Closet for Ladies*

with a good spoonfull of Commine-seeds, till the third part and more bee confus'd: then straine them with Sugar sufficient: drinke a good draught warme, and vse it as occasion serues.

### *A Medicine for the Chin-cong for a childe.*

**T**ake Boares grease, and warme the soles of the feet to the fire: then chafe them with that, and goe to bed, and keepe it warme, and lye clothes to it.

### *To stay a Lasse.*

**T**ake halfe a quarter of a pound of Almonds, and patch them vpon two new tiles: beat them in a morter, and take a quart of faire water, and set it on the fire, and put in halfe a handfull of Knot-gralle, and halfe a handfull of Plantane leaues, and let them seethe a good while: then take

and Gentlewomen.

take the water and straine the sore-said Almonds therewith, and make an Almond milke thereof, and put in a peece of Sugar: then take Date-stones, and beat them to powder as small as may be, and put some of that powder into the Almond milke: so drinke it luke-warme.

*A excellent Medicine for a childe that  
cannot part with his water  
or urine.*

**T**ake three or fourt hie-Bees: kill them; then dry them vpon hot slate: being thorow-dry, bruise them to small powder; then put the powder into a quart of Liall Ale, and give the sicket to drinke, and he shall haue present remedy.

*A Medicine for the paine of swelling  
in the flosacke.*

**T**ake a good quantity of Rosemary flowers: boyle them in white wine, and

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and as hot as may be suffered, apply  
it to the stomacke.

*An approued Medicine for the Spleene.*

**T**ake a quart of Claret wine, a  
pint of Oyle of Olive, two good  
handfulls of Camomile being shred  
small: boyle the Wine and Camomile  
together from a quart to a pint, and  
anoint the hardnessse of the Spleene  
morning and euening therewith, and  
it will dissolve.

*A Medicine for a Felon or Androme*

**T**ake rusty Bacon and Colewort-  
leaves: stamp them together:  
then take a peece of Dogges leather  
prickt full of holes, and spread it vp-  
on the leather, laying it to the sore  
twice a day; and when it begins to  
heale but once a day.

and Gentlewomen.

*A Medicine for the itch of the body.*

**T**ake sweete butter, vnwrought  
wax, vinegar, brimstone, a little  
Rose-water, red Clones whole: boile  
them together til they be like a salue:  
then anoint the fletch three sundry  
nights by the fire therewith, and no  
more.

*A Medicine for the Canker in the body.*

**T**ake Bollarmonack, Roch-Allom,  
and hony, then beat them to pow-  
der: take twise as much of the Al-  
lome as of the Bollarmonack, and stir  
them together till they come to a  
salue, and so anoint the sore.

*A Medicine for the heat or ache in the  
body, or legges, or elsewherē.*

**T**ake red Docke roots, and take  
out the ouer-pith, and seeth them  
in running water; then draw the  
water

### *A Closet for Ladies*

water from them, and beat it with  
thick cream, and so anoint the place  
that is grieved, or with a cloth cipt in  
the same, and laid ouer the place.

### *A Medicine good to cleane the body.*

**T**ake Balsme, and lay it in white  
wine, till it be well steeped, and  
then distill it : the water thereof is  
good for any disease that is in the bo-  
dy, but you must distill the wine and  
all together, drinking a spoonfull or  
two in the morning ; proued.

### *A Medicine for a Fistula.*

**T**ake Veruine and dry it vpon a tile,  
and make powder thereof, & make  
cleane the sore with a linnen cloth,  
and fill the hole full of the powder.

### *A remedy for one that vomitteth too much.*

**T**ake Coriander-seeds fine beaten  
in powder, and drink it with Mint  
water.

*To*

and Gentlewomen.

To make a seare-cloth for all manner of aches.

**T**ake a pound of vnwrought wax, halfe a pound of Rosin, two ounces of Frankincense, a pound and a halfe of sheeps fuet, and boyle them all together, and straine them in a faire bason : then put them in a chafing-dish of coales, and dip a linnen cloth therein, and so lay it to the sore.

*A Medicine for a Ring-worme or Tetter.*

**T**ake red Dock-roots : slit them, and lay them in vinegar, and so wash the Ring-worme or Tetter.

*A Medicine for the Stich.*

**T**ake wheat-flower, and bake a cake, and cut it in the midst : then strike the dowy sides all ouer with Tane, and lay it to the Patient as hot as may bee : you must lay one halfe of the

### *A Closer for Ladies*

the cake to the one side of the Patient, the other halfe to the other side.

### *A Poultis for all manner of swelling.*

**T**ake a h[alf] full of wilde Mallowes, and seethe them in running water till they be tender, and then swing them, and chop them small; then take a penniworth of sweet butter, and the crummes of white bread, and put the Mallowes and all into a quart of milk, and seethe it till it bee thicke, stirring it well, then lay it to the griefe as warme as can be suffered.

### *A Medicin for the conge.*

Take Mustard-seede and put it into Figges: seethe it in Ale and drinke it.

### *A Medicine for the Mother.*

**T**ake Rosin and beat it very fine: put it into white Wine and Sallert-oile,

and Gentlewoman.

oile, and drinke it, and it will doe you  
good.

*A Medicine for the bloudie Flix.*

Take the pils of Pomegranates :  
beat them, and drinke them with  
red wine morning and euening bloud  
warme : then heat a briske red hot,  
and lay it vnder a close stoole, and  
cast Rosemary and Malmesie on it,  
and let the Patient sit ouer it,

*A very good Medicine for  
the Piles.*

Take the hard toe of a red Her-  
ring, and roast it hard : then take  
the seeds of nettles, and beat them  
together small : then beat them with  
barrowes grease, and boile them toge-  
ther, and anoynt the Piles therewith  
then take a chafingdish of coles, and  
set it vnder a close stoole, and cast a  
little Franckincense thereon, and let  
the Patient sit ouer it when they bee  
anointed

*A Closet for Ladies*  
ancient with the aforesaid ointment.

*A Medicine for a burne.*

Take oyle of Rose, and womans  
milke : put it into the open place,  
and it will heale it.

*An other for the same.*

Take a liinnen cloth cleane wash,  
and burne it, and make a powder  
thereof, and take the oyle of egges,  
and anoint the sore : then strew the  
powder theron.

*A Medicine for the D oppie.*

Take Anniseeds, Coriander seeds,  
Spikenard of Spaine : we thin  
your n eat and drinke eight dayes to  
gether, and it will doe you good.

*A Medicine to drye fleshe.*

Take a pot of Smiths water, a qua-  
terne of Koch-Alloine, halfe a  
pint

and Gentlewomen.

pint of Oyle of Olives, and put there-  
to a handfull of Sage, and boyle  
them together till they be halfe con-  
sumed: then vise it to the soare, and it  
will drie it.

*A Meidicine for an acke that comes  
against raine.*

Take the hornes of a Stagge: cut  
them in small peeces, and boyle  
them in water, till it bee consumed  
from a gallon to a quart: then powre  
the water from the bones, and it will  
gelly when it is cold, and therewith  
anoint the grieved place against the  
fire euening and morning.

*A Medicine for a burne or scald.*

Take Mallows and Smollage: seethe  
them in water: when they be ten-  
der take them forth, & wring out the  
water cleane: chop them small, and let  
them on a chafingdish of coals, & put  
to

*A Closet for Ladies*  
anoint with the aforesaid ointment.

*A Medicine for a burne.*

Take oyle of Rose, and womens  
milke: put it into the open place,  
and it will heale it.

*Azeober for the same.*

Take a linnen cloth cleane washit,  
and burne it, and make a powder  
thereof, and take the oyle of egges,  
and anoint the sore: then strew the  
powder theron.

*A Medicine for the D. opsie.*

Take Anniseeds, Coriander-seeds,  
Spikenard of Spaine: we thin  
our n eat and dranke eight dayes  
together, and it will doe you good.

*A Medicine to drye z. etc.*

Take a pot of Smythwater, a quar-  
terne of Roch-Alome, halfe a  
pint

and Gentlewomen.

pint of Oyle of Oliues, and put there-  
to a handfull of Sage, and boyle  
them together till they be halfe con-  
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## A Closet for Ladies

to it a little sheepe's fat, and make of  
it a salve, and lay it to the iore place  
thicke, and lay a cloth vpon it, and  
tie it on.

### A salve for an old Ague.

**T**ake the inner rinde of an Oke that  
is not very old, and burne it to a  
coake: then quench it, and make ther-  
of a powder, and temper it with the  
yelke of an egge, and make thereout  
a salve.

### To make a drinke for a burning Ague.

**T**ake a quart of running water,  
halfe a pint of Vnegar, halfe a  
quarter of a pint of Rose-water, a  
quarter of a pound of a Sugar, and one  
stickie of Cinammon: boyle them all  
together, let it coole, and giue it the  
sickie to drinke.

and Gentlewomen.

*A Medicine for the heat of the Liver.*

Take wort of the first top: drinke it  
every morning next your heart  
for a moneth together, and it will  
helpe you.

*A Medicine to make a young childe  
go to the stoole.*

Take May-butter, and chafe the  
nauill therewith against the lie:  
then take some blacke wooll that  
growes betweene a blinke sleepers  
legges: dip it in May-butter, and  
drie it: then lay it the nauill. It is  
good for an old man also that can take  
no inward medicine.

*An appraised Medicine for the Nauill  
when it comes out w th crying.*

Take wax which is vsed no other  
way but to take the hony from it,  
and when you haue an occasion,  
melt,

### *A Closet for Ladies*

melt some of the wax in a Sawcer,  
and dip blacke wcoll in it : lay it to  
the nauill, and it will helpe it.

### *A Medicine for the swelling of a childes eies.*

**T**ake Red-rose-leaues : bray them,  
and boyle them in red Wine an  
houre : then wet a cloth in it, and lay  
it to the childes nauill as hot as you  
can suffer it.

### *A Medicine to Ranch the Flix.*

**T**ake a Sawcerfull of the juyce of  
Mylfile, as much of the juyce of  
Plantane, and wheat flouer : temper  
it with the juyce of the herbes, and so  
make a cake of it, and bake it, and eat  
it hot.

### *For to Ranch bloud at the nose, or at a veine that is cut ; proued.*

**T**ake Feathers burned to powder,  
and lay it vpon the veine that is  
cut,

and Gentlewomen.

cut, and also take a wet cloth, and lay it round about the members, and wet the cloth three times, and lay it to cold euery time, and it shall stanch wheresoever it be; proued.

For to helpe a drunken man or  
man for ever.

**G**lue him a purgation: after that,  
giue him a Swallow to drinke in  
powder for the space of twelve dayes,  
and for a moneth space giue him eu-  
ery day fourre Almonds to eat, with  
fourre leaues of Woodbine beaten:  
you must eat them in the morning  
next your heart; proued.

For Scabs.

**T**Ake Snailes, and pricke them; and  
take the water that comes out of  
them, and anoint the scabs therewith:  
take vine leaues, & bind them to the  
scabs, and doe it euery morning and  
evening,

## A Closet for Ladies

evening, and you shall be whole, proued.

### To drie Scabs.

TAke Gum-arabecke: put it in Rose water till it bee consumed, and wash them therewith; proued.

### For the Palsie, or shaking in the hands.

TAke Sell and Eyfill: seethe them together, and wash thy hands therewith, and eat Sage with Mustard fasting.

### To restore a man to nature that is in a consumption.

TAke the eldest Cocke you can get: scald him, draw him, and cut him all in peeces in a glasse pot: stop him as fast as y tu can, and put among these peeces Clues, Mace, small Raisins, and salt: then put this glasse into a great pot, and let all these seethe together till they be a gelly: then straine it into a cleane vessele, and giue

and Gentlewomen.

giue it to the sick, fust and last bloud-warme.

To restore the braine.

Take powder of Bittany, and vse it in your porrage: it will restore the braine, and destroy the stone.

For a perillous Cough.

Take Sage, Rue, and Commine: stamp them with Pepper: seethe them together with hony, and thereof make an electuary, and vse thereof a spoonfull euening and morning, and by the helpe of God it shall doe you good.

For them that cannot see, and haue red eyes.

Take white vinegar, and rub vpon a whet-stone in a faire bason: take as much salt as powder, and grinde them well together in a bason, and temper

## A Closet for Ladies

temper them with Wine: and let it stand a day and a night, and put it in a viall of glasse: you must take the thinnest that standeth aboue in the bason, and put in your glasse; and when the patient goeth to bed, take a feather, and wet therein, and anoint your eyes.

*To anoint the face and to make it white.*

Take fresh Bacon-grease, and the whites of egges: stamp them together, and a little powder of Bayes and anoint your face therewith, and it will make it white.

*For a faire face; proued another way.*

Take Plantane and white Vinegar: stille them together, and wash your face therewith fifteene dayes, morning and euening: after this, drinke a draught of Vinegar in the morning once in three dayes.

and Gentlewomen.

*To make the face white and faire.*

Take Rosemary, and b yle it in white Wine, and wash thy face therewith, and thou shalt bee faire: then take Eigan, and stamp it, and take the juyce thereof, and put it all together, and wash thy face therewith; proued.

*To helpe the face with red pimples.*

Take Bay-berries, and plucke off the huskes, and make fine powder thereof, and temper it with Honey: anoint your face therewith six times, and it will helpe you.

*To draw broken bones out of the head.*

Take Betony, Vertuine, and Rue: stamp them all together very small, and put thereto Rie-meale or wheate, and the white of an egge, and make a plaister, and lay it to the head.

To

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*To quench one thirst.*

TAke the roots of Louage: wash it cleane: stamp it, and temper it with water: drinke a good draught of it five nights together, and drinke not in two houres after it.

*For one that speakes in his sleepe.*

TAke Southernword, and temper it with Wine, and let the diseased drinke thereof in the morning, and when he goes to bed.

*For a woman that bath too much  
of the Flowers.*

TAke the foot of a Hare: burne it to powder, and drinke thereof with red wine and Cinamon first and last nine dayes, and it will helpe her.

**F I N I S.**

